

**b BARONET'S HANDY
POCKET REFERENCE**

**The
COMPLETE
GUIDE
to
CALORIES**

William I. Kaufman

*Watch Your Health
—and Your Waistline*

NEW!

**THE LATEST UNITED STATES
DEPARTMENT OF AGRICULTURE
INFORMATION AND TABLES**

1-

THE COMPLETE GUIDE TO CALORIES

THE COMPLETE GUIDE TO CALORIES

William I. Kaufman

Baronet Publishing Company, NEW YORK

THE COMPLETE GUIDE TO CALORIES

A Baronet Book

Copyright © 1978 by William Kaufman

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without permission in writing from the publisher.

First Baronet printing, May 1978

ISBN: 0-89437-004-9

**Baronet Publishing Company
509 Madison Avenue
New York, N.Y. 10022**

INTRODUCTION

If you are an average American—male or female, any age—you are probably watching your weight. It's a constant fact of life in our society. We all have different reasons for dieting: vanity, health, social pressures, or some deep, undiscovered psychological motive. Those of us who can be called obese need to lose a great deal of poundage; some of us simply want to maintain a comfortable weight that most attractively suits our body build.

Here's how to do it. There are no overnight miracles or quick, easy ways to bypass calorie counting. The food energy we take in must not exceed what we expend. Technically, a calorie is the unit by which heat is measured; the calorie value of a food means the heat or energy that can be obtained when the body uses or metabolizes that food.

The caloric values of the most common foods are listed here. Whether you're cutting down or just keeping track, this counter is the key to successful dieting.

WHY DIET?

Overweight has been called a primary public health

problem in the U.S., and many people are interested in reducing their calorie intake on the advice of their doctors. We know that excess weight puts a strain on the heart and lungs and has some connection with diseases of the endocrine system. It's a fact that insurance companies usually list higher rates for the obese, since as a group they have shortened lifespans.

But aside from health reasons, most of us take a certain pride in looking our best, and our best usually means the right weight distribution for our body build. It's not a magic number; ideal weight varies from person to person, but certain ranges have been established in which we can find our most comfortable weight.

(Note: Desirable weights for children vary because of growth periods in their development. This is an area in which your doctor or pediatrician must be consulted. This book is for adults.)

Ideal weight depends on age, body size and structure, and occasionally on hormonal balance. The last is a rare reason for being overweight but one of the many *good* reasons for checking with your doctor before dieting. And don't give up on weight-reduction programs because "fat runs in my family." General body build can be inherited but not obesity.

Overweight is more likely to be something we slip into without noticing. We often make a social occasion of eating, and we don't want to stop to think about the number of calories we're consuming. Or our parents may have taught us to clean our plates. Or we're bored or lonely or frustrated. None of these psychological factors is easy to overcome. But anything really rewarding is usually not easy—at first. It's the same with dieting: it

gets easier as you go along, and you're entitled to make it as easy as possible for yourself by using any of the tips listed at the end of this section that you feel will be helpful to you. The most important tip is *get started today*.

HOW TO DIET

Once you've found that you are five to ten (or twenty to thirty or more) pounds above your ideal weight, what do you do about it? The answer is simple. The purpose of food is to give us energy for our daily activities. We must make sure our energy intake does not exceed what we use up, because the oversupply is deposited as fat.

However, simply reducing food intake without considering good nutrition is dangerous. Be sure to include in your diet foods high in protein, vitamins, and minerals. Have two or more servings each day of the following: beef, veal, pork, lamb, poultry, fish, or eggs (or substitute dry beans, dry peas, or nuts); four or more servings of fruits and vegetables (citrus for vitamin C, a dark green or deep yellow vegetable for vitamin A); two cups of milk; four servings of bread or cereal (whole grain, enriched, or restored).

If you are extremely inactive, you need a minimum of calories, but instead of cutting calories down below a nutritive level it would be better to build a moderate amount of physical exercise into your daily routine. Exercise not only expends more energy but brings other benefits in better muscle tone and organ function.

It's not true that exercise will increase your appetite; nor is it true that it has little effect on body weight. If kept up over a long period it definitely will help rid you of excess fat.

CALORIES, CALORIES

You have to count them. Bulges come from taking in more food than we can use up in energy output. And there's no way to change this situation except by keeping count of the energy quotient, or calories, in what we eat. There are some general rules of thumb that you can remember. For example, fats contain more than twice the number of calories as the same amount of carbohydrate or protein; therefore cut down on fats, especially animal fats. Eat your meat lean.

And if you keep counting, you'll never have to crash-diet, which is the least sensible way to lose weight. Cutting down by only 100 calories a day may mean a loss of only one pound a month, but that's twelve pounds a year. This is important for people of normal weight who have passed their thirty-fifth birthday. A tendency to overweight seems to sneak up on us as we get older, and weight loss gets harder because of a decrease in energy and activity. Don't "let go" in middle age. Prevention is the answer. Keep counting.

THE SECRET OF SUCCESS

Here are ten tips for safe, sensible, foolproof dieting:

1. Everyone is different; work out your own plan, preferably after consulting your doctor.
2. Set a realistic goal, taking into account your age and body build. Have your doctor evaluate your goal, but remember that a loss of more than one or two pounds a week is not generally desirable.
3. Don't be fooled by "miracle" diets. There is only one way: consume only the number of calories necessary

to supply you with the energy you need for your life style.

4. Exercise, moderately but consistently.

5. Keep your diet to yourself; otherwise you'll become a bore and run the risk of having well-meaning friends feeling sorry for you. That's discouraging.

6. Find the right eating pattern for you. You can eat several small meals rather than two or three large ones if you wish. You can cut out late-evening eating if that's your downfall. You can learn to eat slowly; it seems to work for most dieters.

7. Whatever your plan, try to eat regularly. If you go too long without food, you'll get too hungry to worry about counting calories.

8. Put your favorite low-calorie foods on your menu, foods you like and that satisfy your taste buds as well as your hunger.

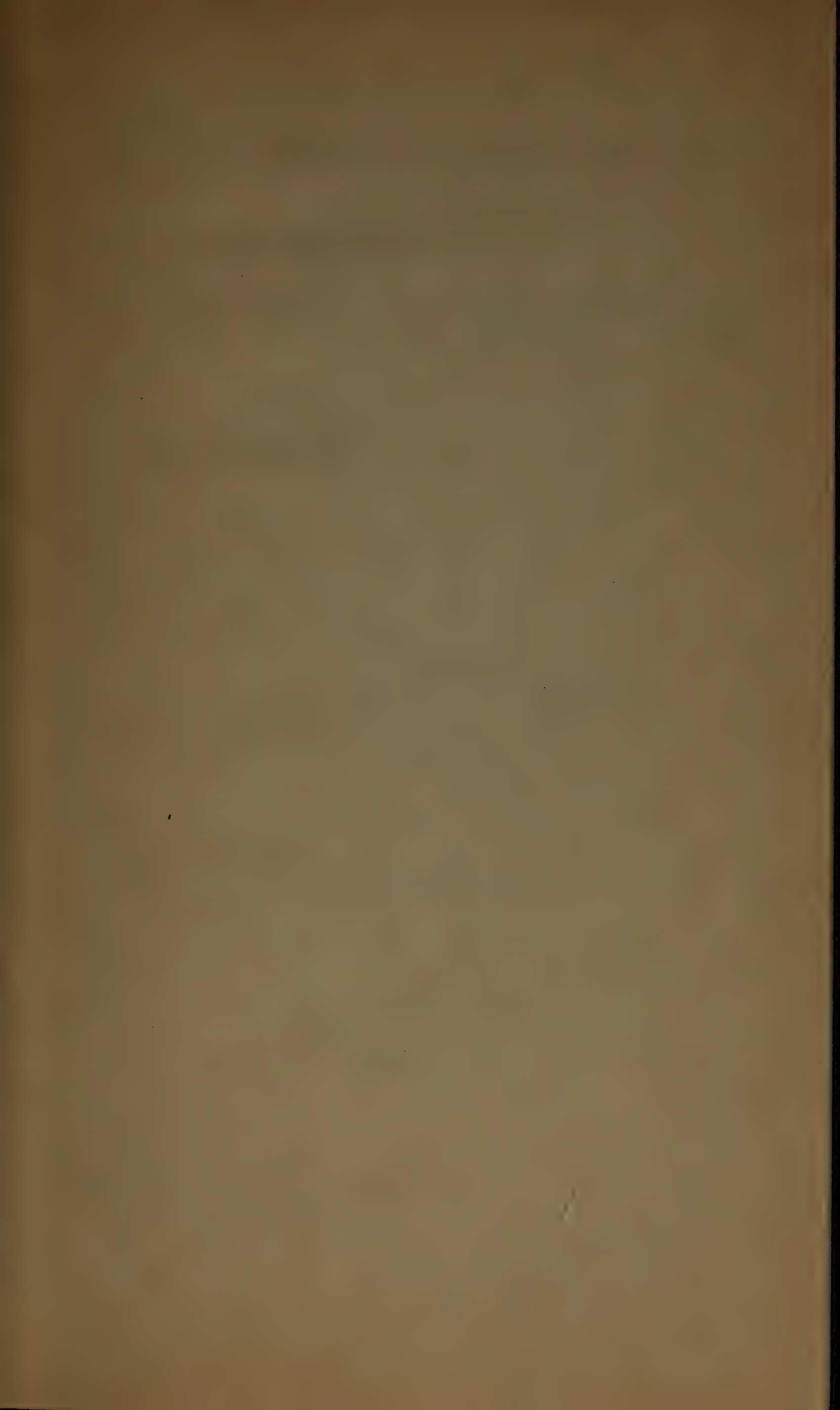
9. Weigh no oftener than once a week. There can be day-to-day fluctuations in your weight due to periodic fluid retention.

10. Plan now to stay on a sensible diet for the rest of your life.

DESIRABLE WEIGHT FOR MEN AND WOMEN AGED 25 AND OVER

(in pounds according to height and frame,
in indoor clothing)

Height		Small Frame	Medium Frame	Large Frame
MEN				
Feet	Inches			
5	2	112—120	118—129	126—141
5	3	115—123	121—133	129—144
5	4	118—126	124—136	132—148
5	5	121—129	127—139	135—152
5	6	124—133	130—143	138—156
5	7	128—137	134—147	142—161
5	8	132—141	138—152	147—166
5	9	136—145	142—156	151—171
5	10	140—150	146—160	155—174
5	11	144—154	150—165	159—179
6	0	148—158	154—170	164—184
6	1	152—162	158—175	168—189
6	2	156—167	162—180	173—194
6	3	160—171	167—185	178—199
6	4	164—175	172—190	182—204
WOMEN				
4	10	92— 98	96—107	104—119
4	11	94—101	98—110	106—122
5	0	96—104	101—113	109—125
5	1	99—107	104—116	112—118
5	2	102—110	107—119	115—131
5	3	105—113	110—122	118—134
5	4	106—116	113—126	121—138
5	5	111—119	116—130	125—142
5	6	114—123	120—135	129—146
5	7	118—127	124—139	133—150
5	8	122—131	128—143	137—154
5	9	126—135	132—147	141—158
5	10	130—140	136—151	145—163
5	11	134—144	140—155	149—168
6	0	138—148	144—159	153—173



CALORIES

	Household Measurement	Metric Weight (Grams)	Calories
ALBACORE (see Tuna)			
ALMONDS			
Shelled, whole	1 cup	142	849
Chopped	1 cup	130	777
	1 tbs.	8	48
Slivered, roasted (in oil), salted	1 oz.	28	178
ANCHOVY	5	20	35
APPLES			
Raw, fruit with skin:			
Fruit: 3 ¼-in. diam. (approx. 2 per lb.)	1	230	123
Fruit: 3-in. diam. (approx. 2 ½ per lb.)	1	180	96
Fruit: 2 ¾ in. diam. (approx. 3 per lb.)	1	150	80
Fruit: 2 ½ in. diam. (approx. 4 per lb.)	1	115	61
Raw, pared fruit:			
Fruit: 3 ¼-in. diam.	1	230	107
Fruit: 3-in. diam.	1	180	84
Fruit: 2 ¾-in. diam.	1	150	70
Fruit: 2 ½-in. diam.	1	115	53
Dried, sulfured (rings):			
Uncooked	1 cup	85	234
	1 lb.	454	1,247
Cooked, without added sugar	1 cup	244	199
	1 lb.	454	354
APPLE BROWN BETTY			
(made with enriched bread)	1 cup	215	325
APPLE BUTTER			
	1 cup	282	525
	1 tbs.	17.6	33

	Household Measurement	Metric Weight (Grams)	Calories
APPLE JUICE , canned or bottled	1 cup	248	117
APPLESAUCE , canned, regular			
Unsweetened	1 cup	244	100
Sweetened with nutritive sweetener	1 cup	255	232
APRICOTS			
Raw:			
Whole (12 per lb.) (refuse: pits, 6%)	3	114	55
Halves	1 cup	155	79
Canned, solids and liquid	1 cup	246	93
Halves with drained liquid	3 halves; 1 ¾ tbs. liquid	84	32
Syrup pack, heavy (whole apricots with pits and halves, pitted):			
Whole style (refuse: pits 6%)	1 cup	275	222
Halved style	1 cup	258	222
Fruit served with drained liquid:			
Whole style (refuse: pits 6%)	2 apricots; 2 tbs. liquid	96	78
Halved style	3 halves; 1 ¾ tbs. liquid	85	73
Dehydrated, sulfured, nugget type & pieces, uncooked	1 cup	454	323
Dried, sulfured (large halves, 1 ½-in. diam.; medium halves, 1 ½-in. diam.), uncooked:			
Large	10 halves	48	125
Medium	10 halves	35	91

	Household Measurement	Metric Weight (Grams)	Calories
APRICOT NECTAR,			
canned or bottled (approx. 40% fruit)	1 cup	251	143
ARTICHOKES, globe or			
French, cooked (boiled), drained			
Bud or globe (size or count):			
24 per half box; net wt. approx. 20 lb.)	1	380	18
Bud or globe (size or count):			
30 per half box; net wt. approx. 20 lb.)	1	300	18
Bud or globe (size or count):			
36 per half box; net wt. approx. 20 lb.)	1	250	18
ASPARAGUS			
Raw spears (green), cut spears,			
1 ½ to 2 in. pieces	1 cup	135	35
	1 lb.	454	118
Cooked spears (green) (boiled), drained:			
Whole spears:			
Large: ¾ to 7⁄8 in. diam. at base	4	100	20
Medium: ½-in. diam. at base	4	60	12
Small: ⅜-in. diam. at base	4	40	8
Cut spears (1 ½- to 2-in. pieces)	1 cup	145	29
Canned spears, (green):			
Whole spears with liquid	1 cup	244	44
Cut spears with liquid	1 cup	239	43
Drained solids:			
Whole spears: ½-in. diam. at base	4	80	17
Whole spears: ⅜-in. diam. at base.	4	60	13
Cut spears	1 cup	454	49
Canned spears, white (bleached):			
Regular pack:			
Whole spears with liquid	1 cup	244	44

	Household Measurement	Metric Weight (Grams)	Calories
Cut spears with liquid	1 cup	239	43
Drained solids:			
Whole spears: ½-in. diam. at base	4	80	18
Whole spears: ⅜-in. diam. at base	4	60	13
Cut spears	1 cup	235	52
Frozen, (green), cooked (boiled), drained:			
Cuts and tips	1 cup	180	40
Whole spears:			
Large, ¾-in. diam. at base	4 spears	80	18
Medium, ½-in. diam. at base	4 spears	60	14
Small, ⅜-in. diam. at base	4 spears	40	9

AVOCADOS, raw

All commercial varieties:

Whole fruit	1	302	378
Puree (mashed or sieved)	1 cup	230	384

California, mainly Fuerte
(marketed in midwinter and
late winter):

Whole fruit	1	284	369
Puree (mashed or sieved)	1 cup	230	393

Florida (marketed in late
summer and fall):

Whole fruit	1 avocado or 1 lb.	454	389
Puree (mashed or sieved)	1 cup	230	294

BACON, cured, cooked (broiled) or fried), drained

Slice thick (approx. 12 slices per lb. raw)	2 slices	24	143
Slice medium (approx. 20 slices per lb. raw)	2 slices	15	86
Slice thin (approx. 28 slices per lb. raw)	2 slices	10	61
Can: net wt. 16 oz. (1 lb.)			

	Household Measurement	Metric Weight (Grams)	Calories
17-18 slices	1	454	3,107
BACON, Canadian style, cooked (broiled or fried), drained:			
Yield from 6 oz. raw	6 slices	126	349
Yield from 1 lb. raw	$\frac{3}{4}$ lb. (approx.)	336	921
BAKING POWDER	1 tbs.	10.5	11
BAMBOO SHOOTS, raw cut into pieces of 1-in. length	1 lb. or approx. 3 cups	454	122
BANANAS			
Raw:			
Large, 9 $\frac{3}{4}$ -in. long; 1 $\frac{7}{16}$ -in. diam.	1	200	116
Medium, 8 $\frac{3}{4}$ -in. long; 1 $1\frac{1}{32}$ -in. diam.	1	175	101
Small, 7 $\frac{3}{4}$ -in. long; 1 $1\frac{1}{32}$ -in. diam.	1	140	81
Dehydrated or banana flakes	1 cup 1 tbs.	100 6.2	340 21
BANANAS, baking type (see Plantain)			
BARBECUE SAUCE	1 cup	250	228
BARLEY, pearled			
Light	1 cup	200	698
Pot or Scotch	1 cup	200	696
BASS, striped, oven fried			
Fillet: 8 $\frac{3}{4}$ in. long, 4 $\frac{1}{2}$ in. wide, $\frac{3}{8}$ in. thick	1	200	392

	Household Measurement	Metric Weight (Grams)	Calories
	1 lb.	454	889
BEAN FLOUR, LIMA			
Sifted, spooned into cup	1 cup	126	432
BEANS, broad (see Broadbeans)			
BEANS, common, mature seeds, dry			
White			
Cooked			
Great Northern	1 cup	180	212
Pea (navy)	1 cup	190	224
Canned, solids and liquids:			
With pork and tomato sauce	1 cup	255	311
With pork and sweet sauce	1 cup	255	383
Without pork	1 cup	255	306
Red, kidney:			
Cooked	1 cup	185	218
Canned, solids and liquid	1 cup	255	230
BEANS, Green			
Raw, pods broken into 1- to 2-in. lengths	1 cup	110	35
Cooked (boiled), drained, in small amount of water, short time	1 cup	125	31
Canned, drained solids:			
Cuts less than 1 ½ in. and short cuts (less than ¾ in.)	1 cup	135	32
Slices (cut lengthwise or French style)	1 cup	130	31
Frozen:			
Cut, cooked (boiled) drained:			
Yield from 9 oz. frozen beans	1 ¾ cups	235	59
French style, cooked (boiled), drained:			
Yield from 9 oz. frozen beans	1 ¾ cups	225	59
BEANS, lima			
Immature seeds, cooked (boiled), drained	1 cup	170	189

	Household Measurement	Metric Weight (Grams)	Calories
Canned:			
Regular pack:			
Solids and liquid	1 cup	248	176
Drained solids	1 cup	170	163
Frozen, thick-seeded types, commonly called Fordhooks			
Cooked (boiled), drained:			
Yield from 10 oz. frozen lima beans	1 $\frac{3}{4}$ cup	295	283
Yield from 1 lb., frozen lima beans	2 $\frac{3}{4}$ cup 1 cup	470 170	452 168
Frozen, thin-seeded types, commonly called Baby Limas:			
Cooked (boiled), drained:			
Yield from 10 oz. frozen lima beans	1 $\frac{3}{4}$ cup	315	339
Yield from 1 lb., frozen lima beans	2 $\frac{3}{4}$ cup 1 cup	495 180	541 212
Mature seeds, dry, cooked	1 cup	190	262
BEANS, mung			
Mature seeds, dry, raw	1 cup	210	714
Sprouted seeds:			
Uncooked	1 cup	105	37
Cooked (boiled), drained	1 cup	125	35
BEANS, yellow or wax			
Raw, pods broken into 1- to 2-in. lengths	1 cup	110	30
Cooked (boiled), drained	1 cup	125	28
Canned, drained solids:			
Cuts less than 1 $\frac{1}{2}$ in. & short cuts (less than $\frac{3}{4}$ in.)	1 cup	135	32
Slices (cut lengthwise or French style)	1 cup	130	31
Frozen, cut, cooked (boiled), drained:			

	Household Measurement	Metric Weight (Grams)	Calories
Yield from 9 oz. frozen beans	1 $\frac{3}{4}$ cups	235	63
Yield from 1 lb. frozen beans	3 $\frac{1}{2}$ cups	420	113
BEANS AND FRANKFURTERS			
(sliced) canned	1 cup	255	367
BEAVER , cooked (roasted)	1 lb.	454	458
BEECHNUTS , shelled	1 lb.	454	1,483
BEEF , trimmed to retail basis			
Boneless chuck and chuck cuts:			
Lean with fat, cooked (braised or stewed), drained, chopped or diced pieces (not packed)			
	1 cup	140	300
	1 lb.	454	971
Lean, trimmed of separable fat, cooked (braised or stewed), drained, chopped or diced pieces (not packed)			
	1 cup	140	598
	1 lb.	454	1,937
Chuck rib roasts or chuck rib steaks (blade or flat-bone cuts, choice grade:			
Cooked (braised), drained:			
Chopped or diced	1 cup	140	349
Ground	1 cup	110	274
	1 lb.	454	1,129
Lean, trimmed of separable fats:			
Chopped or diced	1 cup	140	504
Ground	1 cup	110	405
	1 lb.	454	984
Flank Steak , whole or cut pieces such as flank steak fillets, London broil, choice grade:			
Cooked (braised) drained			

	Household Measurement	Metric Weight (Grams)	Calories
(100% lean)	1 lb.	454	889
	3 oz.	85	167
Ground beef:			
Lean with 10% fat:			
Raw	1 lb.	454	812
Patty: wt. 4 oz.	1	113	202
Cooked (well done, oven- broiled, pan-broiled, or sauteed)	1 lb.	454	993
Patty: approx. 3-in. diam., ½-in. thick;	1	68	186
Lean with 21% fat:			
Cooked (oven broiled, pan-broiled, or sauteed)	1 lb.	454	1,297
Patty: approx. 3-in. diam., ¾ in. thick; wt. 2.9 oz.	1	82	235
Patty: approx. 3-in. diam., ½ in. thick; wt. 2.3 oz.	1	65	186
Loin or short loin:			
Club steak, choice grade, broiled:			
Lean with fat (58% lean, 42% fat)	1 lb.	454	2,059
Porterhouse steak (choice grade), broiled:			
Lean with fat (57% lean, 43% fat)	1 lb.	454	2,109
Lean, trimmed of separable fat	1 lb.	454	1,016
T-bone steak, choice grade, broiled:			
Lean with fat (56% lean, 44% fat)	1 lb.	454	2,146
Lean, trimmed of separable fat	1 lb.	454	1,012
Loin end or sirloin:			

	Household Measurement	Metric Weight (Grams)	Calories
Wedge- and ground-bone sirloin steak, choice grade, broiled: Lean with fat (66% lean, 34% fat)	1 lb.	454	1,755
Plate beef, cooked (simmered), drained: Lean with fat	1 lb.	454	939
Lean, trimmed of separable fat	1 lb.	454	1,960
Rib roast, choice grade, roasted: Lean with fat (64% lean, 36% fat)	1 lb. 3 oz.	454 85	903 374
Lean, trimmed of separable fat	1 lb. 3 oz.	454 85	1,093 205
Round steak, braised, broiled, or sautéed: Lean with fat (81% lean, 19% fat)	1 lb. 3 oz.	454 85	1,184 222
Lean, trimmed of separable fat	lb. 3 oz.	454 85	857 161
Rump roast, choice grade, roasted: Lean with fat (75% lean, 25% fat)	1 lb. 3 oz.	454 85	1,574 295
Lean, trimmed of separable fat	1 lb. 3 oz.	454 85	943 177
BEEF AND VEGETABLE STEW			
Cooked (with lean beef chuck)	1 cup	245	218
Canned	1 cup	245	194

	Household Measurement	Metric Weight (Grams)	Calories
BEEF, corned, boneless			
Cooked	1 lb.	454	1,687
Canned	1 lb.	454	980
Canned corned-beef hash (with potato)	1 cup	220	398
BEEF, dried, chipped:			
Uncooked	1 lb.	454	921
	1 oz.	28	58
Cooked, creamed	1 cup	245	377
	1 lb.	454	699
BEEF, potted			
(See Sausage, cold cuts, and luncheon meats)			
BEEF pot pie			
Home prepared, baked, whole (9-in. diam).	1 pie	630	1,550
	1 piece ($\frac{1}{3}$ of pie)	210	517
BEER (See Beverages)			
BEETS, common, red:			
Cooked (boiled) drained, peeled:	1 lb.	454	145
Whole beets, 2-in. diam.	2 beets	100	32
Diced or sliced	1 cup	170	54
Canned, drained solids:	1 lb.	454	168
Diced or sliced:	1 cup	170	63
Whole beets, small	1 cup	160	59
BEETS greens, common, edible leaves and stems			
Raw	1 lb.	454	109
Cooked (boiled), drained	1 cup	145	26

	Household Measurement	Metric Weight (Grams)	Calories
BEVERAGES			
Alcoholic:			
Beer (4.5 alcohol by volume; 3.6% by weight)			
	1 12-oz. can	360	151
	1 cup	240	101
	1 fl. oz.	30	13
Gin, rum, vodka, whiskey:			
80-proof (33.4% alcohol by weight)			
	1 jigger	42	97
	1 fl. oz.	28	65
86-proof (36.0% alcohol by weight)			
	1 jigger	42	105
	1 fl. oz.	28	70
90-proof (37.9% alcohol by weight)			
	1 jigger	42	110
	1 fl. oz.	28	74
94-proof (39.7% alcohol by weight)			
	1 jigger	42	116
	1 fl. oz.	28	77
100-proof (42.5% alcohol by weight)			
	1 jigger	42	124
	1 fl. oz.	28	83
Wines:			
Dessert (18.8% alcohol by volume)			
	3½ fl. oz.	103	141
	2 fl. oz.	59	81
	1 fl. oz.	30	41
Table (12.2% alcohol by volume)			
	3½ fl. oz.	102	87
	1 fl. oz.	29	25
Carbonated, nonalcoholic:			
Club soda	1 fl. oz.	29.6	0
Cola	1 fl. oz.	30.8	12
Cream	1 fl. oz.	30.9	13
Fruit-flavored sodas (citrus, cherry, grape, strawberry, Tom Collins mixer, other) (10-13% sugar)			
	1 fl. oz.	31.0	14

	Household Measurement	Metric Weight (Grams)	Calories
Ginger ale, pale dry and golden	1 fl. oz.	30.5	9
Root beer	1 fl. oz.	30.8	13
Special dietary drinks with artificial sweetener (less than 1 cal. per oz.)	1 fl. oz.	29.6	—
Tonic water	1 fl. oz.	30.5	9
BISCUITS, baking powder, baked from home recipe made with			
Enriched flour:			
Biscuit: 2-in. diam., 1¼ in. high	1	28	103
Unenriched flour:			
Biscuit: 2-in. diam. 1¼ in. high	1	28	102
Self-rising flour, enriched			
Biscuit: 2-in. diam., 1¼ in. high	1	28	104
BISCUIT mix with enriched flour and biscuits baked from mix			
Biscuit: 2-in. diam., 1¼ in. high	1	28	91
BLACKBERRIES, including dewberries boysenberries, and youngberries			
Raw	1 cup	144	84
Canned, solids & liquid:			
Water pack without artificial sweetener	1 cup	244	98
Syrup pack, heavy	1 cup	256	233
BLACKBERRY JUICE, canned, unsweetened			
	1 cup	245	91
BLACKEYE PEAS (See Cowpeas)			
BLANCMANGE (See Puddings)			

	Household Measurement	Metric Weight (Grams)	Calories
BLUEBERRIES			
Raw	1 cup	145	90
Frozen, not thawed:			
Unsweetened	1 cup	165	91
Sweetened with nutritive sweetener	1 cup	230	242
BLUEFISH, cooked			
Baked or broiled with butter or margarine	1 lb.	454	721
Fried	1 lb.	454	930
BOCKWURST (See Sausage, cold cuts and luncheon meat)			
BOLOGNA (See Sausage, cold cuts and luncheon meat)			
BOSTON BROWN BREAD, canned 3¼-in. diam.; ½ in. thick; approx. ⅓ of roll			
	1	45	95
BOUILLON, instant			
Cubes	½-in. cube	4	5
Powder	1 tsp.	2	2
BOYSENBERRIES			
Canned, water packed, solids & liquid, without arti- ficial sweetener	1 cup	244	88
Frozen, not thawed:			
Unsweetened	1 cup	126	60
Sweetened with nutritive sweetener	1 cup	143	137
BRAN			
Added sugar, salt, malt extract, vitamins	1 cup	60	144
Added sugar, salt, defatted			

	Household Measurement	Metric Weight (Grams)	Calories
wheat germ, vitamins	1 cup	75	179
BRAN FLAKES (40% bran) added sugar, salt, iron, vitamins	1 cup	35	106
BRAN FLAKES with raisins, added sugar, salt, iron, vitamins	1 cup	50	144
BRAUNSCHWEIGER (See Sausage, cold cuts and luncheon meats)			
BRAZIL NUTS Shelled	1 cup 1 oz.	140 28	916 185
BREADS Cracked-wheat bread Slice: 4 in. wide, 4½ in. high ⅝ in. thick; ⅓ of loaf	1	25	66
French break & rolls, enriched: Slices: 5 in. wide, 2½ in. high 1 in. thick	1	35	102
2½ in. wide, 2 in. high ½ in. thick	1	15	44
Roll, hoagie or submarine: 11½ in. long, 3 in. wide, 2½ in. thick	1	135	392
French bread & rolls, unenriched Slices: 5 in. wide, 2½ in. high 1 in. thick	1	35	102
2½ in. wide, 2 in. high, ½ in. thick	1	15	44

	Household Measurement	Metric Weight (Grams)	Calories
Roll, hoagie or submarine: 11½ in. long, 3 in. wide, 2½ in. thick	1	135	392
Italian Bread:			
Enriched slices:			
4½ in. wide, 3¼ in. thick or 7¼ in. wide, 3⅞ in. high, ⅞ in. thick	1	30	83
¾ in. wide, 2½ in. high, ½ in. thick	1	10	28
Unenriched slices:			
4½ in. wide, 3¼ in. high, ¾ in. thick, or 7¼ in. wide, 3⅞ in. high, ⅞ in. thick	1	10	83
Raisin bread, slices:			
¾ in. wide, 3⅞ in. high, ½ in. thick, ⅛ of loaf	1	25	66
Rye bread:			
American (⅔ wheat flour, ⅓ rye flour), slices:			
4¾ in. wide, 3¼ in. high, ⅞ in. thick	1	25	61
Pumpernickel, slices:			
5 in. wide, 4 in. high, ¾ in. thick	1	32	79
Salt-rising bread, unenriched, slices:			
4⅞ in. wide, 4½ in. high, ⅞ in. thick, ⅑ of loaf	1	24	64
White bread, enriched, soft-crumb type (made by continuous mix or conven- tional method):			
Slices:			
Regular: 4¾ in. wide, 4 in. high, ⅞ in. thick, ¼ of loaf	1	28	76
Thin (sandwich type):			

	Household Measurement	Metric Weight (Grams)	Calories
--	--------------------------	-----------------------------	----------

4 in. wide, 3 $\frac{3}{8}$ in. high,
 $\frac{1}{2}$ in. thick, $\frac{1}{16}$ of loaf

1	24	65
---	----	----

Cubes

1 cup	30	81
-------	----	----

Crumbs

1 cup	45	122
-------	----	-----

White bread, unenriched,
 soft-crumb type (made by
 continuous mix or conventional
 method)

Slices:

Regular: 4 $\frac{3}{8}$ in. wide,
 4 in. high, $\frac{7}{16}$ in. thick;
 $\frac{1}{24}$ of loaf

1	28	63
---	----	----

Thin (sandwich type):

4 in. wide, 3 $\frac{7}{8}$ in. high,
 ($\frac{1}{2}$ in. thick, $\frac{1}{8}$ of loaf)

1	24	41
---	----	----

Cubes

1 cup	30	81
-------	----	----

Crumbs

1 cup	45	122
-------	----	-----

Whole-wheat bread, firm-
 crumb types, slices

Rounded top, 4 in. wide,
 4 in. high, $\frac{7}{16}$ in. thick,
 $\frac{1}{18}$ of loaf

1	25	61
---	----	----

Flat top or sandwich style,
 3 $\frac{3}{8}$ in. wide, 3 $\frac{3}{8}$ in. high,
 $\frac{7}{16}$ in. thick; $\frac{1}{20}$ of loaf

1	23	56
---	----	----

BREADCRUMBS,

dry grated (enriched)

1 cup	100	392
-------	-----	-----

BREAD PUDDING

with raisins (made with
 enriched bread)

1 cup	265	496
-------	-----	-----

BREAD STICKS

(See Salt sticks, regular type)

BREAD STUFFING

mix and stuffings pre-

	Household Measurement	Metric Weight (Grams)	Calories
prepared from mix:			
Mix, dry form:			
Coarse crumbs	1 cup	70	260
Cubes	1 cup	30	111
Stuffing:			
Dry, crumbly; prepared with water, table fat	1 cup	140	501
Moist, prepared with water, egg, table fat	1 cup	200	416
BREAKFAST CEREALS (See Bran, Corn, Farina, Oats, Rice, Wheat)			
BROADBEANS, raw			
Immature seeds	1 lb.	454	476
Mature seeds, dry	1 lb.	454	1,533
BROCCOLI, stalks			
head or bud clusters, stem and leaves)			
Cooked (boiled) drained:			
Stalks, whole:			
Large	1	280	73
Medium	1	180	47
Small	1	140	36
Stalks, cut into ½-in. pieces	1 cup	155	40
Stalks, whole or cut	1 lb.	454	118
Frozen:			
Chopped, Cooked (boiled), drained	1 cup	185	48
Spears (or stalks), cooked (boiled), drained:			
Yield from 10 oz. frozen broccoli	7-9 spears	250	65
Yield from 1 lb. frozen broccoli	11-14 spears	400	104

	Household Measurement	Metric Weight (Grams)	Calories
Spear or stalk (4½-5 in. long)	1	30	8
BROWN BETTY (See Apple brown betty)			
BROWNIES (See Cookies)			
BRUSSELS SPROUTS Cooked, boiled, drained: 1¼ in. to 1½ in. diam.	1 cup 4 sprouts	155 84	56 30
Frozen: Cooked (boiled), drained: Yield (approx.) from 10 oz. frozen sprouts	1¾-1⅞ cups	285	94
Yield (approx.) from 1 lb. frozen sprouts	2⅞-3 cups 1 cup	455 155	150 51
BUCKWHEAT FLOUR Dark, sifted Light, sifted	1 cup 1 cup	98 98	326 340
BUCKWHEAT PANCAKE MIX AND PANCAKES BAKED FROM MIX (see Pancakes)			
BULGUR (parboiled wheat) Dry, commercial: Club wheat Hard red winter wheat White wheat	1 cup 1 cup 1 cup	175 170 155	628 602 553
BUTTER			

	Household Measurement	Metric Weight (Grams)	Calories
Regular type (1 brick or 4 sticks per lb.)			
Stick	4 oz.	113.4	812
½ brick	1 cup	227	1,625
⅓ stick	1 tbs.	14.2	102
Whipped type (6 sticks or two 8-oz. containers per lb.)			
	1 cup	151	1.081
Stick, net wt. 2⅔ oz.			
(approx. ½ cup)	1	75.6	541
⅓ of stick	1 tbs.	9.4	67
BUTTERMILK,			
cultured (made from skim milk)	1 cup	245	88
BUTTERNUTS			
shelled	1 lb.	454	1,853
CABBAGE			
Common varieties (Danish, domestic, pointed types)			
Raw:			
Ground	1 cup	150	36
Shredded coarsely or sliced	1 cup	70	17
Shredded finely or chopped	1 cup	90	22
Cooked, (boiled until tender) drained:			
Shredded cooked in small amount of water	1 cup	145	29
Wedges, cooked in large amount of water	1 cup	170	31
Red raw:			
Shredded, coarsely or sliced	1 cup	70	22
Shredded finely or chopped	1 cup	90	28

	Household Measurement	Metric Weight (Grams)	Calories
CABBAGE, Chinese (also called celery cabbage or petsai), compact type, raw			
1-in. pieces	1 cup	75	11
CABBAGE, spoon (also called white mustard cabbage or pakchoy), green-leaf type, leaves and stems			
Raw, 1-in pieces	1 cup	70	11
Cooked (boiled), drained, 1-in. pieces	1 cup	170	24
CABBAGE SALAD (See Coleslaw)			
CAKES AND			
CUPCAKES, baked from home recipes			
Anglefood, tube cake (baked in tube pan):			
Cake: 9¼-in. diam.			
4 in. high	1	716	1,926
Piece: ½ of cake	1	60	161
Piece: ⅙ of cake	1	45	121
Cake: 8½-in. diam.,			
3½ in. high	1	472	1,290
Piece: ½ of cake	1	39	105
Piece: ⅙ of cake	1	30	81
Boston cream pie, 8-in. diam.			
3½ in. high (2 layer cake with custard filling and powdered sugar topping):	1	825	2,492
Piece: ⅙ of cake	1	103	311
Piece: ½ of cake	1	69	208
Chocolate (devil's food), without icing:			

	Household Measurement	Metric Weight (Grams)	Calories
Cake sheet:			
Piece: 3 × 3 × 2 in.	1	88	322
Piece: 2 × 2 × 2 in.	1	39	143
Cupcake: 2¾ in. diam.	1	33	121
Cupcake: 2½ in. diam.	1	25	92
Chocolate (devil's food), with chocolate icing:			
Cake, 2-layer, 8-in. diam.			
3 in. high:	1	938	3,461
Piece: ½ of cake	1	78	288
Piece: ⅙ of cake	1	59	218
Cake, sheet:			
Piece: 3 × 3 × 2 in.	1	120	443
Piece: 2 × 2 × 2 in.	1	53	196
Cupcake: 2¾ in. diam.	1	44	162
Cupcake: 2½ in. diam.	1	34	125
Chocolate (devil's food), with uncooked white icing:			
Cake: 2-layer, 9 in. diam.			
3 in. high	1	1,180	4,354
Piece: ½ of cake	1	98	362
Piece: ⅙ of cake	1	74	273
Cake: 2-layer, 8 in. diam.			
3 in. high	1	928	3,424
Piece: ½ of cake	1	77	284
Piece: ⅙ of cake	1	58	214
Cake sheet:			
Piece: 3 × 3 × 2 in.	1	118	435
Piece: 2 × 2 × 2 in.	1	52	192
Cupcake: 2¾ in. diam.	1	44	162
Cupcake: 2½ in. diam.	1	33	122
Cottage pudding, made with enriched flour (8 × 8 × 1½ in.), without sauce:			
Piece: ⅙ of cake	1	73	251
Piece: ⅓ of cake	1	54	186
Frozen, commercial devil's food:			

	Household Measurement	Metric Weight (Grams)	Calories
With chocolate icing:			
Piece: $\frac{1}{16}$ of cake	1	85	323
With whipped cream filling, chocolate icing:			
Piece: $\frac{1}{8}$ of cake	1	85	315
Fruitcake, made with enriched flour:			
Dark:			
Slice, $\frac{1}{30}$ of loaf	1	15	57
Tube cake, 3 lb. (7 in. diam. $2\frac{1}{4}$ in. high)	1 wedge	43	167
Gingerbread, made with enriched flour (9 × 9 × 2 in.):			
Piece: $\frac{1}{8}$ of cake	1	117	371
Plain cake or cupcake:			
Without icing:			
Piece: $\frac{1}{8}$ of cake	1	86	313
Cupcake: $2\frac{3}{4}$ in. diam.	1	33	120
Cupcake: $2\frac{1}{2}$ in. diam.	1	25	91
With chocolate icing:			
Piece: $\frac{1}{8}$ of cake	1	123	453
Cupcake: $2\frac{3}{4}$ in. diam.	1	47	173
Cupcake: $2\frac{1}{2}$ in. diam.	1	36	132
With boiled white icing:			
Piece: $\frac{1}{8}$ of cake	1	114	401
Cupcake: $2\frac{3}{4}$ in. diam.	1	44	155
Cupcake: $2\frac{1}{2}$ in. diam.	1	33	116
With uncooked white icing:			
Piece: $\frac{1}{8}$ of cake	1	121	444
Cupcake: $2\frac{3}{4}$ in. diam.	1	47	172
Cupcake: $2\frac{1}{2}$ in. diam.	1	35	128
Pound:			
Old-fashioned:			
Slice: $\frac{1}{17}$ of loaf	1	30	142
Sponge:			
Piece: $\frac{1}{12}$ of cake	1	66	196
Piece: $\frac{1}{16}$ of cake	1	49	146
With coconut icing:			

	Household Measurement	Metric Weight (Grams)	Calories
Piece: $\frac{1}{12}$ of cake	1	104	386
Piece: $\frac{1}{16}$ of cake	1	78	289
With uncooked white icing:			
Piece: $\frac{1}{12}$ of cake	1	104	386
Piece: $\frac{1}{16}$ of cake	1	78	289
Yellow:			
With caramel icing:			
Piece: $\frac{1}{12}$ of cake	1	108	391
Piece: $\frac{1}{16}$ of cake	1	81	293
With chocolate icing:			
Piece: $\frac{1}{12}$ of cake	1	100	365
Piece: $\frac{1}{16}$ of cake	1	75	224

CAKES AND CUPCAKES,

prepared and baked from mixes
 Angelfood, made with water,
 flavoring (tube cake,
 9 $\frac{3}{4}$ in. diam, 4 $\frac{3}{8}$ in. high):

Piece: $\frac{1}{12}$ of cake	1	53	137
Piece: $\frac{1}{16}$ of cake	1	40	104
Coffeecake, with enriched flour, made with egg, milk:			
Piece: $\frac{1}{4}$ of cake	1	108	348
Piece: $\frac{1}{6}$ of cake	1	72	232
Cupcakes made with egg, milk:			
Without icing:			
Cupcake: 2 $\frac{3}{4}$ in. diam.	1	33	116
Cupcake: 2 $\frac{1}{2}$ in. diam.	1	25	88
With chocolate icing:			
Cupcake: 2 $\frac{3}{4}$ in. diam.	1	48	172
Cupcake: 2 $\frac{1}{2}$ in. diam.	1	36	129
Devil's food; made with eggs, water (uniced):			
Piece: $\frac{1}{12}$ of cake	1	92	312
Piece: $\frac{1}{16}$ of cake	1	69	234
Cupcake: 2 $\frac{3}{4}$ in. diam.	1	46	156
Cupcake: 2 $\frac{1}{2}$ in. diam.	1	35	119
Gingerbread, made with water:			
Piece: $\frac{1}{6}$ of cake	1	63	124

	Household Measurement	Metric Weight (Grams)	Calories
Marble, made with eggs, water (uniced):			
Piece: $\frac{1}{12}$ of cake	1	87	288
Piece: $\frac{1}{16}$ of cake	1	65	215
White, made with egg whites, water (uniced):			
Piece: $\frac{1}{12}$ of cake	1	95	333
Piec: $\frac{1}{16}$ of cake	1	71	249
Yellow, made with eggs, water (uniced):			
Piece: $\frac{1}{12}$ of cake	1	92	310
Piece: $\frac{1}{16}$ of cake	1	69	233
Cupcake: 2 $\frac{3}{4}$ in. diam.	1	46	155
Cupcake: 2 $\frac{1}{2}$ in. diam.	1	35	118
CAKE ICINGS, prepared from home recipes			
Caramel	1 cup	340	1,224
Chocolate	1 cup	275	1,034
Coconut	1 cup	166	604
White:			
Uncooked	1 cup	319	1,199
Boiled	1 cup	94	297
CAKE ICINGS, prepared from mixes Chocolate Fudge	1 cup	310	1,172
Creamy fudge (contains nonfat dry milk): Made with water	1 cup	245	831
Made with water, table fat	1 cup	(245)	938
CANDIED FRUIT (See Cherries, Citron, Ginger root, Grapefruit peel, Lemon peel, Orange peel, Pineapple)			
CANDY			
Butterscotch	1 oz.	28	113
Candy corn (See Dondant)			
Caramels:			

	Household Measurement	Metric Weight (Grams)	Calories
Plain or chocolate	1 oz.	28	113
Plain or chocolate with nuts	1 oz.	28	121
Chocolate			
Bittersweet	1 oz.	28	135
Milk:			
Plain	1 oz.	28	147
With almonds	1 oz.	28	151
With peanuts	1 oz.	28	154
Semisweet	1 cup or 1 6-oz. pkg.	170	862
	1 oz.	28	144
Sweet	1 oz.	28	150
Chocolate coated:			
Chocolate fudge	1 oz.	28	122
Chocolate fudge with nuts	1 oz.	28	128
Coconut center	1 oz.	28	124
Fondant:			
Mints, round:			
Large: (approx. 2½ in. diam., ⅜ in. thick	1	35	144
Small: (approx. 1⅜ in. diam., ⅜ in. thick	1	11	45
Miniature: (approx. ¾ in. diam., ⅜ in. thick	1	2.4	10
All chocolate-coated fondant: (Approx. ⅞ of 1 large mint, 2½ small mints or 1 large mint, 2½ small mints or 12 miniature mints	1 oz.	28	116
Fudge, caramel and peanuts	1 oz.	28	123
Honeycombed hard candy with peanut butter	1 oz.	28	131
Nougat and caramel	1 oz.	28	118
Peanuts	1 cup	170	954
	1 oz.	28	159
Raisins	1 cup	190	808
	1 oz.	28	120
Vanilla creams	1 oz.	28	123

	Household Measurement	Metric Weight (Grams)	Calories
Chocolate disks (approx. ½-in. diam.), sugar coated	1 cup 1 oz.	197 28	918 132
Chocolate-flavored roll:			
Large: approx 4¾ in. long with oval cross section ⅝ × ½ in., marked for 7 sections	1	32	127
Medium: approx 2½ in. long, ⅜ in. diam.	1	8	32
Medium: approx. 1⅞ in. long, ½ in. diam.	1	7	28
Small, bite size: approx. 1½ in. long, ⅜ in. diam.	1	5	20
Fondant:			
Candy corn (pieces approx. ⅞ in. long, ½ in. wide, ¼ in. thick)	1 cup	200	728
Mints, uncoated			
Piece, round (approx. 1½ in. diam., ½ in. thick	1	8.8	32
Piece, square (approx. ⅝ in. long, ⅝ in. wide, ⅜ in. high	10	17.6	64
Piece, rectangular (approx. ½ in. long, ⅜ in. wide, ⅜ in. high)	10	7.3	27
Cup (approx. 63 square pieces or 150 rectangular pieces	1	110	400
Fudge:			
Chocolate	1 oz.	28	113
Chocolate with nuts	1 oz.	28	121
Vanilla	1 oz.	28	113
Vanilla with nuts	1 oz.	28	120
Gumdrops, starch jelly pieces	1 oz.	28	98
Hard	1 oz.	28	109

	Household Measurement	Metric Weight (Grams)	Calories
Jellybeans (approx. 10 jelly- beans)	1 oz.	28	104
Marshmallows, plain:	1 oz.	28	90
Regular type: approx. 1 1/8 in. diam., 3/4 in. high; 63 per lb.	1	7.2	23
Soft type: approx. 1 1/8 in. diam., 1 1/8 in. high; 76 per lb.	1	6.0	19
Miniature or recipe size: approx. 1/2 in. diam., 1/2 in. high	1 cup	46	92
Mints, coated (See chocolate- coated fondants)			
Peanut bars	1 oz.	28	146
Peanut brittle (no added salt or soda)	1 oz.	28	179
CANTALOUPE (See Muskmelons)			
CAPICOLA (See Sausage, cold cuts and luncheon meats)			
CAROB FLOUR (St. Johnsbread)	1 cup	140	252
	1 tbs.	8	14
CARROTS			
Raw:			
Carrot approx. 1 1/8 in. diam.; 7 1/2 in. long; wt. 2 7/8 oz.	1	81	30
Cut forms	6-8 strips or 1 oz.	28	46
Grated or shredded	1 cup	110	48
Cooked (boiled), drained:			
Sliced (crosswise) 1/4-1/2 in. thick	1 cup	155	48
Canned:			

	Household Measurement	Metric Weight (Grams)	Calories
Sliced	1 cup	155	47
Diced	1 cup	145	44
CASABA MELON (See Muskmelons)			
CASHEW NUTS, roasted in oil			
Whole kernel	1 cup	140	785
	1 oz.	28	159
CATSUP (See Tomato catsup)			
CAULIFLOWER			
Raw:			
Head, 6- to 7-in. diam.;			
1.9 lb.	1	860	232
Flowerbuds:			
Whole	1 cup	100	27
Sliced	1 cup	85	23
Chopped	1 cup	115	31
Cooked (boiled), drained	1 cup	125	28
Frozen			
Cooked (boiled), drained:			
10 oz.	1½ cups	270	49
1 lb.	2.4 cups	430	77
	1 cup	180	32
CAVIAR, sturgeon			
Granular	1 tbs.	16	42
	1 oz.	28	72
Pressed	1 tbs.	17	54
	1 oz.	28	90
CELERY, green (Pascal type)			
Raw:			
Stalk:			
Large outer; 8 in. long,			

	Household Measurement	Metric Weight (Grams)	Calories
approx. 1 ½ in. wide at root end	1	40	7
Small inner, 5 in. long, ¾ in. wide	3 stalks	50	9
Chopped or diced pieces	1 cup	120	20
Cooked, diced pieces	1 cup	150	21
CEREALS, breakfast (See Bran, Corn, Farina, Oats, Rice, Wheat)			
CERVELAT (See Sausage, cold cuts and luncheon meats)			
CHARD, swiss			
Raw:	1 lb.	454	113
Cooked (boiled), drained:			
Leaves and stalks	1 cup	145	26
Leaves	1 cup	175	32
CHEESES, Natural and Processed, cheese foods, cheese spreads			
Natural Blue or Roquefort types,			
cheese crumbled:	1 oz.	28	104
Not packed	1 cup	135	497
Packed	1 cup	249	916
Brick, prepackaged forms	1 lb.	454	1,678
	1 oz.	28	105
Camembert (domestic)	1 oz.	28	85
Cheddar (domestic):			
Prepackaged forms	1 oz.	28	113
Shredded form	1 cup	113	450
Cottage cheese (cottage cheese dry curd with creaming mixture, 4.2% milk fat), large or small curd:			
Not packed:			

	Household Measurement	Metric Weight (Grams)	Calories
Large curd	1 cup	225	239
Small curd	1 cup	210	223
Packed (large or small curd)	1 cup	245	260
	1 oz.	28	30
Cream			
Regular	1 cup	232	868
	1 tbs.	14	52
Whipped	1 cup	155	580
	1 tbs.	10	37
Regular and whipped	1 oz.	28	106
Limburger, prepackaged pieces	1 oz.	28	98
	1 slice	7	24
Parmesan, prepackaged pieces			
Cut piece	1 oz.	28	111
Shredded:			
Not packed	1 cup	80	338
Packed	1 cup	110	464
	1 tbs.	5	21
	1 oz.	28	120
Grated:			
Not packed	1 cup	100	467
Packed	1 cup	140	654
	1 tbs.	5	23
Swiss (domestic), prepackaged forms Cut piece	1 lb.	454	1,678
	1 oz.	28	105
Pasteurized processed cheese:			
American:			
Prepackaged forms:			
Packed into cup	1 cup	255	944
Diced, not packed	1 cup	140	518
Shredded, not packed	1 cup	113	418
Sandwich size:			
Slice, $\frac{1}{4}$ of package	1 oz.	28	105
Pimiento (American):			

	Household Measurement	Metric Weight (Grams)	Calories
Slice	1 oz.	28	105
	1 lb.	454	1,683
Swiss, slice	1 oz.	28	101
Pasteurized process cheese food, American: Prepacked forms: Slices, sandwich size:			
Slice	1 oz.	28	92
Pasteurized process cheese spread, American: Loaves, rectangular pieces:			
Slice	1 oz.	27	78
Packed into cup	1 cup	255	734
Diced, not packed	1 cup	140	403
Shredded, packed	1 cup	113	325
	1 tbs.	14	40
Packed in glass jar and pressurized cans Jar, net wt. 5 oz.	1	142	409
CHEESE SOUFFLE, from home recipe	1 cup	95	207
CHEESE STRAWS, 5 in. long, $\frac{3}{8}$ in. wide, $\frac{3}{8}$ in. high	10 pieces	60	272
CHERRIES			
Raw:			
Sour, red, without pits and stems	1 cup	155	90
Sweet, without pits and stems	1 cup	145	102
Candied, whole	10	35	119
Canned, solids and liquid:			
Sour (tart), red, water pack, pitted style	1 cup	244	105
Sweet, water pack, without			

	Household Measurement	Metric Weight (Grams)	Calories
artificial sweetener; light or dark cherries, unpitted style	1 cup	270	119
Syrup pack, heavy: Unpitted style	1 cup	279	208
Pitted Style:	1 cup	257	208
CHESTNUTS , fresh, shelled	1 cup	160	310
CHEWING GUM (candy coated pieces, approx. $\frac{3}{4} \times \frac{1}{2} \times \frac{1}{4}$ in.): Package: 12 pieces	1 1 piece	20 1.7	63 5
CHICKEN , cooked All classes, roasted: Light meat without skin: Chopped or diced	1 cup	140	232
Piece, approx. $2\frac{1}{2}$ in. long, $1\frac{1}{8}$ in. wide, $\frac{1}{4}$ in. thick	2 pieces	50	83
Dark meat without skin: Piece: approx. $1\frac{1}{8}$ in. long, 1 in. wide; $\frac{1}{4}$ in. thick	4 pieces	40	70
Broilers, ready-to-cook, broiled flesh only: Half broiler (wt. raw, ready-to-cook, $1\frac{1}{4}$ lb.)	$\frac{1}{2}$ broiler	294	240
Roasters, roasted: Light meat, without skin: Piece: approx. $2\frac{1}{2}$ in. long, $1\frac{1}{8}$ in. wide; $\frac{1}{4}$ in. thick	2 pieces	50	91
Dark meat, without skin: Piece: approx. $1\frac{1}{8}$ in.			

	Household Measurement	Metric Weight (Grams)	Calories
long, 1 in. wide, ¼ in. thick	4 pieces	40	74
CHICKEN A LA KING, cooked from home recipe	1 cup	245	468
CHICKEN FRICASSEE, cooked from home recipe	1 cup	240	386
CHICKEN POT PIE Home prepared, baked Pie: whole (9 in. diam.)	1	698	1,640
CHICKPEAS or garbanzos, mature seeds, dry, raw	1 cup	200 grams	720
CHICORY, WITLOOF (also called French or Belgian endive) bleached head (forced), raw Chopped ½-in. pieces	1 cup	90	14
CHILI CON CARNE, with beans, canned	1 cup	255	339
CHILI POWDER (See Peppers)			
CHILI SAUCE (See Peppers and Tomatoes)			
CHIVES, raw (chopped, ⅛-in. pieces)	1 tbs.	3	1
CHOCOLATE, bitter or baking Grated	1 oz. 1 cup	28 132	143 667

	Household Measurement	Metric Weight (Grams)	Calories
CHOCOLATE SYRUP			
(or topping)			
Thin type (chocolate flavored)	1 fl. oz. or 2 tbs.	37.5	92
Fudge type	1 fl oz. or 2 tbs.	37.5	124
CHOP SUEY with meat			
(without noodles)	1 cup	250	300
CHOW MEIN, chicken			
(without noodles)			
Cooked from home recipe	1 cup	250	255
Canned	1 cup	250	95
CIDER, pasteurized			
(See Apple juice)			
CITRON, candied			
	1 oz.	28	89
CLAMS, raw, meat only			
Soft:			
4 cherrystones or	4 or		
5 little necks	5 clams	70	56
Hard, soft, unspecified	1 gal. or		
	8 lbs.	3,630	2,759
	1 qt. or		
	2 lbs.	907	689
	1 pt. or		
	1 lb.	454	345
Canned, drained solids:			
Chopped or minced	1 cup	160	157
Liquor, bouillon or nectar	1 fl. oz.	30	6
CLAM FRITTERS			
	1 fritter	40	124
COCOA and CHOCOLATE-			

	Household Measurement	Metric Weight (Grams)	Calories
FLAVORED BEVERAGE POWDERS			
High medium fat:			
Plain	1 tbs.	5.4	14
Processed with alkali	1 tbs.	5.4	14
Low medium fat:			
Plain	1 tbs.	5.4	12
COCONUT CREAM (liquid expressed from grated coconut meat)			
	1 tbs.	15	50
COCONUT MEAT			
Fresh			
Meat only:			
Piece: approx. $2 \times 2 \times \frac{1}{2}$ in.	1	45	156
Shredded or grated, spooned into cup:			
Not packed	1 cup	80	277
Packed	1 cup	130	450
COCONUT MILK (liquid expressed from mixture of grated coconut meat and coconut water)			
	1 cup	240	605
COCONUT WATER (liquid from coconuts)			
	1 cup	240	53
COD			
Cooked (broiled) with butter or margarine			
	1 lb.	454	771
	1 oz.	28	48
Dried, salted:			
Piece: approx. $5\frac{1}{2}$ in. long, $1\frac{1}{2}$ in. wide, $\frac{1}{2}$ in. thick			
	1	80	104
	1 oz.	28	37

	Household Measurement	Metric Weight (Grams)	Calories
CODFISH CAKES			
(See Fishcakes)			
COFFEE, instant, water-			
soluble solids, dry powder			
Regular	1 tsp.	.8	1
Freeze-dried	1 tsp.	.9	1
COLA or coke			
(See Beverages)			
COLESLAW, made with			
French dressing			
(homemade)	1 cup	120	155
French dressing			
(commercial)	1 cup	120	114
Mayonnaise	1 cup	120	173
Salad dressing			
(mayonnaise type)	1 cup	120	119
COLLARDS			
Raw:			
Leaves without stems	1 lb.	454	204
Leaves with stems:	1 lb.	454	181
Cooked (boiled), drained:			
Leaves without stems,			
cooked in:			
Small amount of water	1 cup	190	63
Large amount of water	1 cup	190	59
Leaves with stems, cooked			
in small amount of water	1 cup	145	42
Frozen, chopped:			
Cooked (boiled), drained:			
Yield from 10 oz. frozen	1½ cups	250	75
Yield from 1 lb. frozen	2⅓ cups	400	120
	1 cup	170	51
COOKIES			
Assorted (sandwich type,			

	Household Measurement	Metric Weight (Grams)	Calories
shortbread, sugar wafers, butter flavored, chocolate chip, coconut bars, etc.) Package, net wt. 11 oz. (approx. 36 cookies)	1	312	1,498
Approx. 52 cookies	1 lb.	454	2,177
Brownies with nuts Baked from home recipe, enriched flour, rectangular piece, $3 \times 1 \times \frac{7}{8}$ in. or square piece, $1\frac{3}{4} \times 1\frac{3}{4} \times \frac{7}{8}$ in.	1	20	97
Frozen, with chocolate icing, (commercial) $1\frac{1}{2} \times 1\frac{3}{4} \times \frac{7}{8}$ in.; $\frac{1}{15}$ of container	1	24.5	103
Butter, thin, rich (butter- flavored cookies) 2- to $2\frac{1}{8}$ in. diam.	10	50	229
Chocolate chip Baked from home recipe; enriched flour, $2\frac{1}{8}$ in. diam.	4	40	206
Commercial type: Package: net. wt. 14 $\frac{1}{2}$ oz., 39 cookies	1 10	411 105	1,936 495
Coconut bars: $2\frac{3}{8} \times 1\frac{5}{8} \times \frac{3}{8}$ in. or $3 \times 1\frac{1}{4} \times \frac{1}{4}$ in.	10	90	445
Fig bars: square $1\frac{1}{8} \times 1\frac{1}{8}$ $\times \frac{3}{8}$ in. or rectangular $1\frac{1}{2} \times 1\frac{3}{4} \times \frac{1}{2}$ in.	4	56	200
Gingersnaps: 2-in. diam. $\frac{1}{4}$ in. thick	10	70	294
Ladyfingers: $3\frac{1}{4} \times 1\frac{3}{8} \times 1\frac{1}{8}$ in. (diam. before split lengthwise)	4	44	158
Macaroons: $2\frac{3}{4}$ in. diam. $\frac{1}{4}$ in. thick	2	38	181

	Household Measurement	Metric Weight (Grams)	Calories
Marshmallow (plain cookie with marshmallow filling, coconut or chocolate topping)			
Cookie: coconut-topping, 2½ in. diam, 1½ in. thick	4	72	294
Cookie: chocolate- coated, 1½-in. diam., ¾ in. thick	4	52	213
Molasses			
Cookie: ⅝ in. diam., ¾ in. thick	1	32.5	137
Oatmeal with raisins			
Cookie: 2½ in. diam., ¾ in. thick	4	52	235
Peanut:			
Sandwich type:			
Cookie: 1¾ in. diam., ½ in. thick; 37 per lb.	4	49	232
Sugar wafer type:			
Cookie: 1¾ × 1¾ × ⅜ in. thick; 65 per lb.	10	70	331
Raisin (biscuit type)			
Cookie: 2¼ × 2½ × ¼ in.; ½ of pkg.	4	71	269
Cookie: 2¼ × 2 × ¼ in.; ⅓ of pkg.	4	57	216
Sandwich type (chocolate or vanilla)			
Oval cross section: 3½ × 1¼ in., ⅜ in. thick	4	60	297
Round: 1¾ in. diam. ⅜ in. thick	4	40	198
Shortbread, 1⅝ × 1⅝ × ¼ in.	10	80	374
Sugar wafers			
Cookie: 3½ × 1 × ½ in.	10	95	461
Cookie: 2½ × ¾ × ¼ in.	10	35	170
Cookie: 3½ × 1½ × ¼ in.	10	70	340
Cookie: 1¾ × 1½ × ¾ in.	10	90	437

	Household Measurement	Metric Weight (Grams)	Calories
COOKIES, PREPARED AND BAKED FROM MIXES:			
Brownies, with enriched flour, made with mix, egg, water, nuts; rectangular piece $3 \times 1 \times \frac{1}{8}$ in. or square piece $1\frac{3}{4} \times 1\frac{3}{4} \times \frac{1}{8}$ in.	1	20	86
Plain, with unenriched flour, made with egg, water; cookie $1\frac{1}{8}$ -in. diam., $\frac{3}{8}$ in. thick	10	56	276
CORN, SWEET			
Cooked (boiled), drained, white and yellow Kernels cut off cob before cooking	1 cup	165	137
Kernels cooked on cob: Ear: 5 in. long, $1\frac{1}{4}$ in. diam.	1	140	70
Canned:			
Regular pack:			
Cream style, white and yellow	1 cup	256	210
Whole kernel	1 cup	210	174
Wet pack, white and yellow:			
Solids and liquids	1 cup	256	169
Drained solids	1 cup	165	139
CORN FLOUR	1 cup	117	431
CORN FRITTERS (2 in. diam., $1\frac{1}{2}$ in. thick)	1	35	132
CORN GRITS, degermed			
Enriched:			
Dry form	1 cup	160	579
Cooked	1 cup	245	125
Unenriched:			

	Household Measurement	Metric Weight (Grams)	Calories
Dry form	1 cup	160	579
Cooked	1 cup	245	125
CORN MUFFINS			
(See Muffins, corn)			
CORN OIL (See Oils)			
CORN PRODUCTS			
used mainly as ready-to-eat breakfast cereals:			
Corn flakes:			
Plain, added sugar, salt, iron, vitamins:			
Flakes	1 cup	25	97
Crumbs	1 cup	85	328
Sugar coated, added salt, iron, vitamins			
	1 cup	40	154
Corn puffed:			
Plain, added sugar, salt, iron, vitamins			
	1 cup	20	80
Presweetened, added salt, iron, vitamins:			
Without added flavor	1 cup	30	114
Cocoa flavored	1 cup	30	119
Fruit flavored	1 cup	30	119
Corn, shredded, added sugar, salt, iron, thiamin, niacin			
	1 cup	25	97
CORN PUDDING	1 cup	245	255
CORN SYRUP (See Syrup, table blends)			
CORNBREAD, baked from home recipe			
Cornbread, southern style, made with wholeground cornmeals			

	Household Measurement	Metric Weight (Grams)	Calories
Piece: $2\frac{1}{2} \times 2\frac{1}{2} \times 1\frac{1}{2}$ in.	1	78	161
Spoonbread, made with white wholeground cornmeal	1 cup	240	468
CORNMEAL, white and yellow:			
Whole ground, unbolted, dry	1 cup	122	433
Bolted, nearly whole grain, dry	1 cup	122	442
Degermed, enriched:			
Dry form	1 cup	138	502
Cooked	1 cup	240	120
Degermed, unenriched:			
Dry form	1 cup	138	502
Cooked	1 cup	240	120
CORNSTARCH, stirred, not packed	1 tbs.	8	29
COTTAGE CHEESE (See Cheeses)			
COTTAGE PUDDING (See Cakes)			
COTTONSEED OIL (See Oils)			
COWPEAS, including			
blackeye peas:			
Immature seeds:			
Cooked, boiled, drained blackeye peas	1 cup	165	178
Canned, solids and liquid (blackeye peas)	1 cup	255	179
Frozen blackeye peas, cooked, boiled, drained:			
Yield from 10 oz. frozen	$1\frac{1}{2}$ cups approx.	260	338
Yield from 1 lb. frozen	$2\frac{1}{2}$ cups approx.	420	546
	1 cup	170	221
Young pods, with seeds,			

	Household Measurement	Metric Weight (Grams)	Calories
cooked, boiled, drained	1 lb.	454	590
Mature seeds, dry, cooked	1 cup	250	190
CRAB, including blue			
Dungeness, rock, king:			
Cooked (steamed):			
Not packed:			
Pieces of crabmeat	1 cup	155	144
Flaked crabmeat	1 cup	125	116
Packed (pieces or flaked)	1 cup	210	195
	1 lb.	454	422
Canned, drained solids:			
Not packed:			
Claw	1 cup	115	116
White or king	1 cup	135	136
Packed (claw, white or king)	1 cup	160	162
CRAB, DEVEILED	1 cup	240	451
CRAB, IMPERIAL	1 cup	220	323
CRACKERS			
Butter	10	33	130
Cheese:			
Rectangular sticks, 1½ × ¼ in. thick	10	9.1	45
Round, 1⅞ × ⅜ in. thick	10	34.4	136
Square, 1 in. × ⅞ in. thick	10	10.8	70
Graham:			
Chocolate coated:			
Cracker: 2½ in. long, 2 in. wide, ¼ in. thick	1	13	68
Plain:			
Cracker: 1 large rectangular piece, 2 squares (2½ in.) or 4 small rectangular pieces	1, 2 or 4 pieces	14.2	53
Sugar honey:			
Cracker: 1 large rectangular,			

	Household Measurement	Metric Weight (Grams)	Calories
2 squares (2½ in.) or 4 small rectangular pieces	1, 2 or 4 pieces	14.2	58
Saltines: 1⅞ in. sq, ⅛ in. thick	10	28.4	100
Sandwich type, cheese- peanut butter, 1⅞ in. square, ⅜ in. thick; or round, 1⅞-in. diam., ⅜ in. thick:			
Pkg., net. wt. 6 oz., 4 packets	1	170	834
Packet, net wt. 1½ oz. 6 sandwiches	1	42	208
Packet, net. wt. 1 oz. 4 sandwiches	1	28	123
Soda			
Whole	10 biscuits	50.4	221
Regular	10 crackers	28.4	125
Soup or oyster	10 crackers	7.5	33
CRANBERRY JUICE COCKTAIL, bottled	1 glass	190	124
CRANBERRY SAUCE, sweetened with nutritive sweetener:			
Canned, strained	1 cup	277	404
Home prepared, unstrained	1 cup	277	493
CRANBERRY-ORANGE RELISH, uncooked	1 cup	275	490
CREAM, fluid Half-and-half (cream and milk; 11.7% fat)	1 cup 1 tbs.	242 15	324 20
Light coffee, or table			

	Household Measurement	Metric Weight (Grams)	Calories
(20.6% fat)	1 cup	240	506
	1 tbs.	15	32
Light whipping or whipping (31.3% fat)	1 cup or approx. 2 cups whipped	239	717
	1 tbs.	15	45
Heavy or heavy whipping (37.6% fat)	1 cup or approx. 2 cups whipped	238	838
	1 tbs.	15	53
CREAM PUFF with custard filling (approx. 3½ in. diam., 2 in. high)	1	130	303
CRESS, GARDEN, raw	1 lb.	454	145
CUCUMBERS, raw Large, 2½ in. diam., 8¼ in. long	1	280	39
Small, 1¾ in. diam., 6¾ in. long	1	158	32
CUCUMBER PICKLES (See Pickles)			
CUSTARD, baked	1 cup	265	305
CUSTARD, frozen (See Ice Cream)			
DANDELION GREENS, raw	1 lb.	454	204
DANISH PASTRY (See Rolls and Buns)			

	Household Measurement	Metric Weight (Grams)	Calories
DATES, moisturized or hydrated:			
Whole:			
With pits	10	92	219
Without pits	10	80	219
Chopped	1 cup	178	488
DEILED HAM (See Sausage, cold cuts and luncheon meats)			
DEWBERRIES (See Blackberries)			
DOUGHNUTS			
Cake type, plain:			
3½ in. diam., 1¼ in. high, wt. approx. 2 oz.	1	58	227
3¼ in. diam, 1 in. high, wt. approx. 1½ oz.	1	42	164
3½ in. diam., 1 in. high, wt. approx. ¾ oz.	1	25	98
1½ in. diam., ¾ in. high, wt. approx. ½ oz.	1	14	55
Yeast leavened, plain:			
3¼ in. diam., 1¼ in. high; wt. approx. 1½ oz.	1	42	176
ECLAIRS with custard filling and chocolate icing, (approx. 5 in. long, 2 in. wide, 1¾ in. high)			
	1	100	239
EGGS, chicken			
Cooked:			
Fried:			
Extra large	1	52	112
Large	1	46	99
Medium	1	40	86

	Household Measurement	Metric Weight (Grams)	Calories
Hard cooked:			
Extra large (refuse: shell 10%)	1	64	94
Large (refuse: shell, 12%)	1	57	82
Medium (refuse: shell, 12%)	1	50	72
Poached:			
Extra large	1	57	94
Large	1	50	82
Medium	1	44	72
EGGPLANT, cooked (boiled), drained, diced	1 cup 1 lb.	200 454	38 86
ENDIVE (curly endive and escarole) raw	1 lb.	454	91
ESCAROLE, raw (See Endive)			
FARINA, cooked:			
Enriched:			
Regular (about 15 min. cooking time)	1 cup	245	103
Quick cooking (about 2-5 min. cooking time)	1 cup	245	105
Instant cooking (about ½ min. cooking time)	1 cup	245	135
Unenriched:			
Regular (about 15 min. cooking time)	1 cup	245	103
FATS, cooking (vegetable fat, mixed fat shortening)	1 cup 1 tbs.	200 12.5	1,768 111

FIGS

	Household Measurement	Metric Weight (Grams)	Calories
Raw:			
Whole:			
Large, 2½ in. diam. (approx. 7 per lb.)	1	65	52
Medium, 2¼ in. diam. (approx. 9 per lb.)	1	50	40
Small, 1½ in. diam. (approx. 11 per lb.)	1	40	32
Canned, solids and liquid; whole style:			
Water pack, without artificial sweetener:			
Figs with drained liquid	3 figs; 1¾ tbs. liquid	80	38
Syrup pack, heavy:			
Fgs with drained liquid	3 figs; 1¾ tbs. liquid	85	71
FILBERTS (hazelnuts):			
Shelled:			
Whole	1 cup	135	856
FISH STICKS			
Breaded, cooked, frozen 4 × 1 × ½ in; wt. 1 oz.	1	28	50
FLOUNDER, baked with butter or margarine	1 lb.	454	916
FLOUR (See Corn, Rye, Soybean, Wheat)			
FRANKFURTERS (See Sausage, cold cuts and luncheon meat)			
FROSTINGS (See Cake Icing)			

	Household Measurement	Metric Weight (Grams)	Calories
FROZEN CUSTARD			
(See Ice Cream)			
FRUIT COCKTAIL, canned, solids and liquid			
Water pack, without artificial sweetener	1 cup	245	91
Syrup pack, heavy	1 cup	255	194
FRUIT SALAD: canned, solids and liquid			
Water pack, without artificial sweetener	1 cup	245	86
Syrup pack, heavy	1 cup	255	191
GARBANZOS (See Chickpeas)			
GARLIC, cloves, raw			
(clove approx. $1\frac{1}{4} \times \frac{5}{8} \times \frac{3}{8}$ in.)	1	3	4
GELATIN, dry			
Prepackaged form:			
Envelope (wt. 7 g)	1	7	23
Capsule (wt. 10 grains)	1	.6	2
GELATIN DESSERT			
powder and desserts made from dessert powder			
Dessert powder:			
Package: net wt. 6 oz.	1	170	631
Package: net wt. 3 oz.	1	85	315
Dessert made with water:			
Plain:			
Yield from 3-oz. pkg.	2½ cups (approx.)	540	315
	1 cup	240	142

	Household Measurement	Metric Weight (Grams)	Calories
With fruit added:			
Yield from 3 oz. pkg.,			
1 cup of sliced bananas,	3½ cups		
and 1 cup of grapes	(approx.)	840	563
	1 cup	240	161
GIN (See Beverages)			
GINGER ALE			
(See Beverages)			
GINGERBREAD			
(See Cakes)			
GINGER ROOT,			
crystallized (candied)	1 lb.	454	1,542
	1 oz.	28	96
GINGER ROOT, fresh			
	1 lb.	454	207
GLUTEN FLOUR			
(See Wheat flour)			
GOAT MILK (See Milk)			
GOOSE, domesticated,			
cooked (roasted):			
Flesh only	1 lb.	454	1,057
GOOSEBERRIES,			
raw	1 cup	150	59
GRAPEFRUIT and			
GRAPEFRUIT JUICE:			
Raw:			
Pink, red, white:			
Whole fruit	1	400	80
Canned:			
Sections, solids and			

	Household Measurement	Metric Weight (Grams)	Calories
liquid:			
Water pack, without artificial sweetener	1 cup	244	73
Syrup pack:	1 cup	254	178
Juice, unsweetened	1 cup	247	101
Frozen concentrated juice:			
Unsweetened diluted with 3 parts water by volume	1 cup	247	101
Sweetened with nutritive sweetener diluted with 3 parts water by volume	1 cup	248	117
Frozen concentrated juice, unsweetened diluted with 3 parts water by volume	1 cup	248	109
GRAPEFRUIT PEEL, candied	1 oz.	28	90
GRAPES			
Raw:			
American type (slip skin); Concord, Delaware, Niagara, Catawba, Scuppernong, whole:			
Fruit: $\frac{3}{4}$ -in. diam., $\frac{3}{4}$ in. high	10	40	18
European type (adherent skin); Thompson Seedless, Emperor, Flame Tokay, Ribier, Malaga, Muscat:			
Whole:			
Seedless type:			
Fruit: $\frac{3}{8}$ -in. diam. $\frac{7}{8}$ in. high	10	50	34
Seeded type:			
Fruit:			

	Household Measurement	Metric Weight (Grams)	Calories
Tokay and Emperor varieties: $\frac{3}{4}$ - in. diam., $\frac{1}{8}$ in high	10	60	38
Ribier: $\frac{7}{8}$ in. diam. $\frac{1}{8}$ in. high	10	70	45
GRAPE JUICE			
bottled	1 cup	253	167
Frozen concentrate, sweetened with nutritive sweetener, diluted with 3 parts water by volume	1 cup	250	133
GRIDDLECAKES (See Pancakes)			
GRITS (See Corn Grits)			
HADDOCK , fried (panfried or oven fried)	1 lb.	454	748
HALIBUT , Atlantic and Pacific, broiled with butter or margarine	1 lb.	454	776
HAM (See Pork)			
HAMBURGER (See Beef)			
HAM CROQUETTE (panfried) 1-in. diam., 3 in. long	1	65	163
HAZELNUTS (See Filberts)			

Household Measurement	Metric Weight (Grams)	Calories
--------------------------	-----------------------------	----------

HEADCHEESE

(See Sausage, cold cuts
and luncheon meats)

HERRING

Canned, solids and liquid:

Plain: net wt. 15 oz.

In tomato sauce

1 can	425	884
1 herring with 1 tbs. sauce	55	97

Pickled:

Bismarck herring: 7 in.
long, 1½ in. wide, ½
in. thick

1 herring	50	112
-----------	----	-----

Marinated pieces: 1¾
in. long, ⅞ in. wide,
½ in. thick

1 piece	15	33
---------	----	----

Smoked, kippered,
canned, drained solids:

Fillet: 7 in. long, 2¼
in. wide, ¼ in. thick

1 fillet	65	137
----------	----	-----

Fillet: 4¾ in. long,
1¾ in. wide, ¼ in.
thick

1 fillet	40	84
----------	----	----

Fillet: 2¾ in. long,
1¾ in. wide, ¼ in.
thick

1 fillet	20	42
----------	----	----

HOMINY GRITS, dry

(See Corn grits)

HONEY, strained or extracted

1 cup	339	1,031
1 tbs.	21	

HONEYDEW MELON

(See Muskmelons)

HORSERADISH,

	Household Measurement	Metric Weight (Grams)	Calories
prepared	1 tbs.	15	6
	1 tsp.	5	2
HYACINTH-BEANS,			
raw:			
Young pods, cut ½ in. pieces	1 cup	90	32
Mature seeds, dry	1 lb.	454	1,533
ICE CREAM and frozen			
custard, plain (commercial)			
Regular, hardened:			
Slice (4 fl. oz., ⅓ qt)	1	66	127
Cup (8 fl. oz.)	1	133	257
Soft serve (frozen custard)	1 cup	173	334
Rich (approx. 16% fat), hardened	1 cup	148	329
ICE MILK			
Hardened:			
Cup	1 cup	131	199
Soft serve	1 cup	175	266
ICES, water, lime	1 cup	193	247
JAMS and preserves,			
sweetened with regular amount of nutritive sweetener	1 tbs.	20	54
JELLIES, sweetened			
with regular amount of nutritive sweetener	1 tbs.	18	49
KALE, leaves without			
stems, midribs:			
Cooked, (boiled), drained	1 cup	110	43
Frozen (leaf kale)			

	Household Measurement	Metric Weight (Grams)	Calories
Cooked (boiled), drained:			
Yield from 10 oz. frozen kale	1½ cups	218	68
Yield from 1 lb. frozen kale	2⅔ cups	350	109
	1 cup	130	40
KNOCKWURST (See Sausage, cold cuts and luncheon meats)			
KOHLRABI, thickened bulb-like stems:			
Raw, diced	1 cup	140	41
Cooked (boiled), drained, diced	1 cup	165	40
KUMQUATS, raw, medium size	1	20	12
LADYFINGERS (See Cookies)			
LAMB, retail cuts:			
Leg, cooked (roasted):			
Lean with fat (83% lean, 17% fat)	1 lb.	454	1,266
Lean, trimmed of separable fat	1 lb.	454	844
Loin chops, cooked (broiled):			
Lean with fat (66% lean, 34% fat)	1 lb.	454	1,628
Lean, trimmed of separable fat	1 lb.	454	853
Rib chops, cooked (broiled):			

	Household Measurement	Metric Weight (Grams)	Calories
Lean with fat (62% lean, 38% fat)	1 lb.	454	1,846
Lean, trimmed of separable fat	1 lb.	454	957
Shoulder, cooked (roasted):			
Lean with fat (74% lean, 26% fat)	1 lb.	454	1,533
Lean, trimmed of separable fat	1 lb.	454	930
LARD	1 cup	205	1,849
	1 tbs.	13	117
LEMONS, raw:			
Whole fruit:			
2 ³ / ₈ in diam., size 115	1	158	29
2 ¹ / ₄ in. diam., size 140	1	130	24
LEMON JUICE, raw	1 cup	244	61
	1 tbs.	15.2	4
LEMON PEEL			
Raw, grated (medium grating)	1 tsp.	2	239
Candied	1 oz.	28	90
LEMONADE CONCENTRATE, frozen:			
Diluted with 4 ¹ / ₃ parts water by volume	1 qt.	990	427
	1 cup	248	107
LENTILS, mature seeds, dry:			
Whole, cooked	1 cup	200	212
Split, without seedcoat,	1 cup	190	656
LETTUCE, raw:			

Household Measurement	Metric Weight (Grams)	Calories
--------------------------	-----------------------------	----------

Butterhead varieties such
as Boston types & Bibb:
Whole, head approx. 5 in.
diam.

1 head 220 23

Chopped or shredded
pieces

1 cup 55 8

Cos, or romaine, such as
Dark Green and White
Paris

Chopped or shredded
pieces

1 cup 55 10

Crisphead varieties, such as
Iceberg, New York,
Great Lakes strains:
Whole, prepackaged
trimmed head, approx.
6-in. diam.; wt. 1 1/4 lb.

1 head 567 70

LIMA BEANS (See Beans, lima)

LIMES, acid type, raw,
pulp from fruit of 2-in. diam.

1 80 19

LIME JUICE, raw

1 cup 246 64
1 tbs. 15.4 4

LIMEADE CONCENTRATE,
frozen:

Diluted with 4/3 parts water
by volume

1 cup 247 102

LIVER

Beef, cooked (fried),
approx. 5 1/3 slices

1 lb. 454 1,039

Calf, cooked (fried),
approx. 5 1/3 slices

1 lb. 454 1,184

Chicken, all classes,
cooked (simmered):

Whole, approx. 2 in. long,

	Household Measurement	Metric Weight (Grams)	Calories
2 in. wide, $\frac{3}{8}$ in. thick	1 liver	25	41
Chopped	1 cup	140	231
Lamb, cooked (broiled), approx. 10 slices	1 lb.	454	1,093
Turkey, all classes, cooked (simmered):			
Whole:			
From 20-25-lb. turkey	1 liver	122	212
From 17-lb. turkey	1 liver	110	191
From 12-13-lb. turkey	1 liver	75	131
LIVER PASTE			
(See Pate de foie gras)			
LIVER SAUSAGE or			
Liverwurst (See Sausage, cold cuts and luncheon meats)			
LOBSTER, northers,			
cooked:			
$\frac{1}{2}$ in. cubes or bite-size pieces, $\frac{3}{4} \times \frac{3}{4} \times \frac{1}{2}$ in.	1 cup	145	138
	1 lb.	454	431
LOBSTER NEWBURG	1 cup	250	485
LOGANBERRIES,			
raw	1 cup	144	89
LOQUATS, raw	10 fruit	160	59
LUNCHEON MEAT			
(See Sausage, cold cuts and luncheon meats)			
LYCHEES, raw	10 fruit	150	58
MACARONI			
Enriched:			

	Household Measurement	Metric Weight (Grams)	Calories
Dry form:			
Package: net wt. 16 oz. (1 lb.)	1 pkg. or 1 lb.	454	1,674
Package: net wt. 8 oz.	1 pkg.	227	838
Cooked, firm stage:			
Hot macaroni (cut lengths, elbows, shells)	1 cup	130	192
Cooked, tender stage:			
Cut lengths, elbows, shells:			
Hot macaroni	1 cup	140	155
Cold macaroni	1 cup	105	117
Unenriched:			
Dry form:			
Package: net wt. 16 oz. (1 lb.)	1 pkg. or 1 lb.	454	1,674
Package: net wt. 8 oz.	1 pkg.	227	838
Cooked, firm stage:			
Hot macaroni (cut lengths, elbows, shells)	1 cup	130	192
Cooked, tender stage			
Cut lengths, elbows, shells			
Hot macaroni	1 cup	140	155
Cold macaroni	1 cup	105	117
MACARONI (enriched); and cheese:			
Baked, made from home recipe	1 cup	200	430
Canned	1 cup	240	228
MACKEREL, Atlantic, broiled with butter or margarine			
	1 lb.	454	1,070
MACKEREL, Pacific, canned, solids and liquid			
	1 lb.	454	816

	Household Measurement	Metric Weight (Grams)	Calories
MACKEREL, salted	1 lb.	454	1,383
MANDARIN ORANGES (See Tangerines)			
MANGOS, raw	1 fruit	300	152
MARGARINE:			
Regular type (1 brick or 4 sticks per lb.)	1 stick	113.4	816
	1 cup	227	1,634
	1 tbs.	14.2	102
	1 tsp.	4.7	34
Whipped or soft type (6 sticks or 2 8-oz. containers per lb.)	1 stick	75.6	544
	1 cup	151	1,087
	1 tbs.	9.4	68
	1 tsp.	3.2	23
MARMALADE, citrus, sweetened with regular amount of nutritive sweetener	1 tbs.	20	51
MAYONNAISE (See Salad Dressing)			
MEATLOAF (See Sausage, cold cuts and luncheon meats)			
MEAT (See Beef, Lamb, Pork, Veal)			
MELONS (See Muskmelons and Watermelon)			

	Household Measurement	Metric Weight (Grams)	Calories
MILK, cow			
Fluid			
(pastuerized and raw):			
Whole 3.5% fat	1 cup	244	159
Skim	1 cup	245	88
Low fat with 2% nonfat milk solids added	1 cup	246	145
Canned:			
Evaporated (unsweetened)	1 cup	252	345
Condensed (sweetened)	1 cup	306	982
Dry:			
High-density type (proportions for use: ¼ cup of milk to 1 cup water)	1 cup	105	527
Nonfat regular	1 cup	120	436
Nonfat instant:			
Envelope, wt., 3.2 oz.			
Low density type (3.2 oz. equals 1 ⅓ cups)	1 cup	68	244
High density type (3.2 oz. equals ⅔ cup)	1 cup	104	373
Malted:			
Dry powder	1 oz. or approx. 3 heaping tsp.	28	116
Beverage	1 cup	235	244
Chocolate drink, fluid, commercial (approx. 90% milk):			
Made with skim milk (2% butterfat added)	1 qt. 1 cup	1,000 250	760 190
Made with whole 3.5% fat milk	1 qt. 1 cup	1,000 250	850 213

	Household Measurement	Metric Weight (Grams)	Calories
Chocolate beverages, homemade:			
Hot chocolate	1 cup	250	238
Hot cocoa	1 cup	250	243
Buttermilk (See Buttermilk)			
MILK, goat, fluid	1 cup	244	163
MILK, reindeer	1 cup	248	580
MIXED VEGETABLES, frozen (See Vegetables, mixed frozen)			
MOLASSES, cane			
First extraction or light	1 cup	328	827
	1 tbs.	20	50
Second extraction or medium	1 cup	328	761
	1 tbs.	20	46
Third extraction or blackstrap	1 cup	328	699
	1 tbs.	20	43
Barbados	1 cup	328	889
	1 tbs.	20	54
MORTADELLA (See Sausage, cold cuts and luncheon meats)			
MUFFINS, baked from home recipes			
Plain, made with enriched flour	1	40	118
Unenriched flour	1	40	118
Others, made with enriched flour:			
Blueberry	1	40	112
Bran	1	40	104

	Household Measurement	Metric Weight (Grams)	Calories
Corn			
Enriched, degermed corn:	1	40	126
Whole-ground cornmeal	1	40	115
MUSHROOMS			
Slices, chopped or diced pieces	1 cup	70	20
	1 lb.	454	120
MUSKMELONS, raw:			
Cantaloupe with orange-colored flesh, whole, 5 in. diam.	1	1,060	159
Casaba (Golden Beauty) Whole, 6½ in. diam.	1	2,722	367
Honeydew, whole	1	2,380	495
Frozen mellon balls (cantaloupe and honeydew) in syrup, not thawed	1 cup	230	143
MUSTARD GREENS			
Raw:			
Cooked (boiled), drained, leaves without stems, midribs	1 cup	140	32
Frozen, chopped:			
Cooked (boiled) drained:			
Yield from 10 oz. frozen	1.4 cups	212	42
Yield from 1 lb. frozen	2¼ cups	340	68
	1 cup	150	30
MUSTARD SPINACH,			
(tendergreen), raw, cooked (boiled), drained	1 lb.	454	100
	1 cup	180	29
MUSTARD, prepared			
Brown			
	1 tsp: pouch	5	5

	Household Measurement	Metric Weight (Grams)	Calories
Yellow	1 tsp. pouch	5	4
NECTARINES, raw 2½-in. diam.	1	150	88
NOODLES, egg:			
Enriched:			
Dry form:			
Package: net wt. 16 oz.	1	454	1,760
Package: net wt. 8 oz.	1	227	881
Cooked	1 cup	160	200
Unenriched:			
Dry form:			
Package: net wt. 16 oz.	1	454	1,760
Package: net wt. 8 oz.	1	227	881
Cooked	1 cup	160	200
NOODLES, CHOW MEIN, canned	1 cup	45	220
OAT products used mainly as hot breakfast cereals			
Oat flakes, maple-flavored, instant-cooking (about 1 min. cooking time), cooked	1 cup	240	166
Oat granules, maple- flavored, regular (about 3 min. cooking time), cooked	1 cup	245	147
Oat and wheat cereal, cooked	1 cup	245	159
Oatmeal or rolled oats, regular (5 min. or longer cooking time) and instant-cooking (about 1 min. cooking time), cooked	1 cup	240	132
OAT products used mainly as ready-to-eat breakfast cereals			

	Household Measurement	Metric Weight (Grams)	Calories
Oats, shredded, added protein, sugar, salt, minerals, vitamins	1 cup	45	171
Oats, puffed, added sugar, salt, minerals, vitamins	1 cup	25	99
Oats, with corn, puffed, added salt, minerals, vitamins, sugar-coated	1 cup	35	139
OCEAN PERCH,			
Atlantic (redfish)			
Cooked, fried	1 lb.	454	1,030
Frozen, breaded, fried, reheated	1 lb.	454	1,447
OILS, salad or cooking:			
Corn, cottonseed, saf- flower, sesame, soybean oils, soybean-cottonseed oil blend	1 cup	218	1,927
	1 tbs.	13.6	120
Olive or peanut oil	1 cup	216	1,909
	1 tbs.	13.5	119
OKRA			
Raw:			
Crosscut slices	1 cup	100	36
Cooked (boiled), drained:			
Pod: 3 in. long, $\frac{3}{8}$ -in. diam.	10	106	31
Crosscut slices	1 cup	160	46
Frozen, cuts and pods:			
Cooked (boiled), drained:			
Yield from 10 oz. frozen okra	9 oz.	255	97
Yield from 1 lb. frozen okra	14 $\frac{2}{3}$ oz.	408	155
Cuts	1 cup	185	70

Household Measurement	Metric Weight (Grams)	Calories
--------------------------	-----------------------------	----------

OLEOMARGARINE
(See Margarine)

**OLIVES, pickled; canned
or bottled:**

Green, whole:

Small	10	34	33
Large	10	46	45
Giant	10	78	76

Ripe:

Ascolano,

Whole:

Extra large	10	55	61
Mammoth	10	65	72
Giant	10	80	89
Jumbo	10	95	105

Sliced	1 cup	135	174
--------	-------	-----	-----

Manzanillo:

Whole:

Small	10	34	38
Medium	10	40	44
Large	10	46	51
Extra large	10	55	61

Sliced	1 cup	135	174
--------	-------	-----	-----

Mission:

Whole:

Small	10	34	54
Medium	10	40	63
Large	10	46	73
Extra large	10	55	87

Sliced	1 cup	135	248
--------	-------	-----	-----

Sevillano:

Whole:

Giant	10	80	64
Jumbo	10	95	76
Colossal	10	119	95
Supercolossal	10	142	114

Sliced	1 cup	135	126
--------	-------	-----	-----

Ripe, salt cured, oil coated,

	Household Measurement	Metric Weight (Grams)	Calories
Greek style:			
Whole:			
Medium	10	24	65
Extra large	10	33	89
OLIVE OIL (See oils)			
ONIONS, mature (dry):			
Raw:			
Sliced	1 cup	115	44
Chopped or minced	1 tbs.	10	4
Cooked (boiled), drained:			
Whole or sliced	1 cup	210	61
ONIONS, young green (bunching varieties) raw:			
Bulb and entire top:			
Cup, chopped, or sliced	1 cup	100	36
Tablespoon, chopped	1 tbs.	6	2
ORANGES, raw, used for peeled fruit, served whole, sectioned, or as for cut-up fruit			
California:			
Navels (winter oranges):			
Large: 3 $\frac{1}{16}$ -diam.	1	252	87
Medium: 2 $\frac{7}{8}$ -diam.	1	206	71
Small: 2 $\frac{3}{8}$ -diam.	1	131	45
Valencias (summer oranges):			
Large: 3 $\frac{1}{16}$ -diam.	1	252	96
Medium: 2 $\frac{5}{8}$ -diam.	1	161	62
Small: 2 $\frac{3}{8}$ -diam.	1	131	50
Florida (all commercial varieties):			
Large: 2 $\frac{1}{16}$ -diam.	1	255	89
Medium: 2 $\frac{1}{16}$ -diam.	1	204	71
Small: 2 $\frac{1}{2}$ -diam.	1	163	57

ORANGE JUICE, raw,

	Household Measurement	Metric Weight (Grams)	Calories
all commercial varieties	1 cup	248	112
ORANGE JUICE,			
canned			
Unsweetened	1 cup	249	120
Sweetened with nutritive	1 cup	250	130
ORANGE JUICE CONCENTRATE,			
canned, unsweetened, diluted with 5 parts water by volume	1 cup	248	114
ORANGE JUICE CONCENTRATE,			
frozen, unsweetened, diluted with 3 parts water by volume	1 cup	249	122
ORANGE JUICE			
dehydrated (crystals), dry form	1 oz.	28	108
ORANGE PEEL			
Raw, grated (medium-size grating)	1 tbs.	6	239
Candied	1 oz.	28	90
ORANGE-CRANBERRY			
RELISH (See Cranberry-orange relish)			
OYSTERS			
Eastern:			
Raw (chilled) meat only:			
Approx. 13-19 Selects (medium) or 19-31 Standards (small)	1 cup	240	158
Approx. 2 Selects (medium) or 3 Standards (small)	1 oz.	28	19
Pacific and Western			

	Household Measurement	Metric Weight (Grams)	Calories
(Olympia):			
Raw:			
Approx. 4-6 medium or 6-9 Small	1 cup	240	218
Cooked (fried):			
Select (medium)	4 oysters	45	108
Frozen, solids and liquid:			
Can, net contents, 12 fl. oz.	1	360	—

PANCAKES, baked from
home recipe, made with
enriched flour:

Cake: 6-in. diam., ½ in. thick	1	73	169
Cake: 4-in. diam., ⅜ in. thick	1	27	62

PANCAKE AND WAFFLE MIXES AND PANCAKES BAKED FROM MIXES

Plain and buttermilk:

Mix (pancake and waffle)
with enriched flour, dry
form, poured or spooned
into cup:

Not packed	1 cup	135	481
Packed	1 cup	147	523

Pancakes, made with egg,
milk:

Cake: 6-in. diam., ½ in. thick	1	73	164
Cake: 4-in. diam., ⅜ in. thick	1	27	61

Mix (pancake and waffle)
with enriched flour,
poured or spooned into cup:

Not packed	1 cup	135	481
Packed	1 cup	147	523

Pancakes, made with egg,
milk:

	Household Measurement	Metric Weight (Grams)	Calories
Cake: 6-in. diam., $\frac{1}{2}$ in. thick	1	73	164
Cake: 4-in. diam., $\frac{3}{8}$ in. thick	1	27	61
Buckwheat and other cereal flours:			
Mix, dry form, poured or spooned into cup:			
Not packed	1 cup	130	426
Packed	1 cup	135	443
Pancakes, made with egg, milk:			
Cake: 6-in. diam., $\frac{1}{2}$ in. thick	1	73	146
Cake: 4-in. diam., $\frac{3}{8}$ in. thick	1	27	54
PAPAYAS, raw, whole medium fruit	1 lb.	454	119
PARSLEY, common garden (plain) and curled-leaf varieties, raw, chopped	1 cup 1 tbs.	60 3.5	26 2
PARSNIPS			
Cooked (boiled), drained:			
Whole:			
Large parsnip: 9 in. long $2\frac{1}{4}$ in. diam.	1	160	106
Small parsnip: 6 in. long, $1\frac{1}{8}$ in. diam.	1	35	23
Diced or 2-in. lengths	1 cup	155	102
Mashed	1 cup	210	135
PASSION FRUIT (See Granadilla)			
PASTRY SHELL, plain (See Piecrust)			

	Household Measurement	Metric Weight (Grams)	Calories
PATE DE FOIE			
GRAS, canned	1 tbs.	13	60
	1 tsp.	4	18
PEACHES			
Raw:			
Whole, peeled:			
Fruit: 2¾-in. diam. (approx. 2½ per lb.)	1	175	58
Fruit: 2½-in. diam. (approx. 4 per lb.)	1	115	38
Canned, solids and liquid:			
Water pack, without artificial sweetener, clingstone peaches:			
Peach half with drained liquid	1 half; 1 tbs. liquid	91	28
Count 30-35	1 half; 1½ tbs. liquid	77	24
Count 35-40	1 cup	244	76
Halved or sliced, styles	1 cup	244	76
Syrup pack, heavy:			
Peach half with drained liquid	1 half; 2⅔ tbs. liquid	117	91
Halves, sliced or chunk styles	1 cup	256	200
Dehydrated, sulfured, nugget type and pieces, uncooked			
	1 cup	100	340
Dried, sulfured (halves), uncooked			
	1 cup	160	419
Large	10 halves	145	380
Medium	10 halves	130	341

	Household Measurement	Metric Weight (Grams)	Calories
Frozen, sliced, sweetened with nutritive sweetener not thawed: Container, net. wt. 10 oz.	1 1 cup	284 250	250 220
PEACH NECTAR, canned (approx. 40% fruit)	1 cup	249	120
PEANUTS			
Roasted in shell (with skins):			
Jumbo	10 nuts	27	105
Shelled, chopped form	1 cup 1 tbs.	144 9	838 52
Roasted, salted (Spanish and Virginia types):			
Whole, halves, chopped form	1 cup	144	842
Whole nuts	10 or 20 or 1 tbs. 1 oz.	9 28	53 166
PEANUT BUTTER			
made with moderate amounts of added fat, nutritive sweetener, salt	1 cup 1 tbs.	258 16	1,520 94
PEANUT FLOUR, defatted	1 cup	60	223
PEANUT OIL (See Oils)			
PEARS			
Raw, including skin: Bartletts (approx. 2½			

	Household Measurement	Metric Weight (Grams)	Calories
per lb.)	1	180	100
Boscós (approx. 3 per lb.)	1	155	86
D'Anjous (approx. 2 per lb.)	1	220	122
Dried, sulfured (halves), uncooked	10 halves	175	469
PEAR NECTAR,			
canned	1 cup	250	130
PEAS, green, immature			
Raw	1 cup	145	122
Cooked (boiled), drained	1 cup	160	114
Canned:			
Alaska (early or June peas), regular pack:			
Solids and liquids	1 cup	249	164
Drained solids	1 cup	170	150
Sweet (sweet wrinkled peas, sugar peas):			
Regular pack	1 cup	249	142
Drained solids	1 cup	170	136
Frozen, cooked (boiled), drained:			
Yield from 1 lb. frozen peas	2½ cups	404	275
Yield from 10 oz. frozen peas	1¾ cups	253	172
	1 cup	160	109
PEAS, mature seeds, dry,			
whole			
Raw	1 cup	200	680
Cooked	1 cup	200	230
PEAS AND CARROTS,			
frozen, cooked (boiled), drained			
Yield from 1 lb. frozen peas and carrots	2¾ cups	445	236

	Household Measurement	Metric Weight (Grams)	Calories
Yield from 10 oz. frozen peas and carrots	1 ¼ cups 1 cup	278 160	147 85
PECANS, shelled			
Halves:			
Mammoth (250 or less per lb.)	10 nuts	18	124
Jumbo (301-350 per lb.)	10 nuts	14	96
Large (451-550 per lb.)	10 nuts	9	62
	1 cup	108	742
Chopped or pieces	1 cup	118	811
	1 tbs.	7.5	52
PEPPERS, hot, chili			
Immature green:			
Canned chili sauce	1 cup	245	49
Mature, red:			
Canned chili sauce	1 cup	245	51
Dried chili powder with added seasoning	1 tsp.	2	7
PEPPERS, sweet, garden varieties			
Immature green:			
Raw:			
Cut into strips	1 cup	100	22
Sliced	1 cup	80	18
Chopped or diced	1 cup	150	33
Ring: 3-in. diam, ¼ in. thick	1 ring	10	2
Cooked, (boiled), drained:			
Strips	1 cup	135	24
Mature, red, raw:			
Cut into strips	1 cup	100	31
Sliced	1 cup	80	25
Chopped or diced	1 cup	150	47
Ring, 3-in. diam., ¼ in. thick	1 ring	10	3

	Household Measurement	Metric Weight (Grams)	Calories
PERSIMMONS, raw			
Japanese or kaki	1	200	129
Native	1	30	31
PICKLES			
Cucumber:			
Dill:			
Whole:			
Large: approx. 4 in. long, 1 3/4-in. diam.	1	135	15
Medium: approx 3 3/4 in. long, 1 1/4-in. diam.	1	65	7
Slice	2	13	1
Fresh, sweetened with nutritive sweetener (bread-and-butter)			
Sliced	2	15	11
Sour:			
Whole:			
Large: 4 in. long, 1 3/4 in. diam.	1	135	14
Medium: approx. 3 3/4 in. long, 1 1/4 in. diam.	1	65	7
Sweet (sweetened with nutritive sweetener), gherkins:			
Whole:			
Large: approx. 3 in. long 1 in. diam.	1	35	51
Small: approx. 2 1/2 in. long, 3/4 in. diam.	1	15	22
Midget: approx. 2 1/8 in. long, 3/8 in. diam.	1	6	9
Chopped, approx. 1/4			

	Household Measurement	Metric Weight (Grams)	Calories
in. cubes	1 cup	160	234
Chowchow or mustard pickles (cucumber with added cauliflower, onion, mustard)			
Sour	1 cup	240	70
Sweet	1 cup	245	284
Relish, finely cut or chopped, sweet	1 cup	245	338
	1 tbs.	15	21

PIES, baked, piecrust made
with unenriched flour 9 in.
diam.

Apple, pie, whole	1	945	2,419
Banana custard, pie, whole	1	910	2,011
Blackberry, pie, whole	1	945	2,296
Blueberry, pie, whole	1	945	2,287
Boston cream (See Cakes)			
Butterscotch, pie, whole	1	910	2,430
Cherry, pie, whole	1	945	2,466
Chocolate chiffon, pie, whole	1	648	2,125
Chocolate meringue, pie, whole	1	910	2,293
Coconut custard, pie, whole	1	910	2,139
Custard, pie, whole	1	910	1,984
Lemon chiffon, pie, whole	1	648	2,028
Lemon meringue, pie, whole	1	840	2,142
Mince, pie, whole	1	945	2,561
Peach, pie, whole	1	945	2,410
Pecan, pie, whole	1	825	3,449
Pineapple, pie, whole	1	945	2,391
Pineapple chiffon, pie, whole	1	648	1,866
Pineapple custard, pie, whole	1	910	2,002
Pumpkin, pie, whole	1	910	1,920
Raisin, pie, whole	1	945	2,552

	Household Measurement	Metric Weight (Grams)	Calories
Rhubarb, pie, whole	1	945	2,391
Strawberry, pie, whole	1	742	1,469
Sweet potato, pie, whole	1	910	1,938
PIECRUST or plain pastry, made with enriched flour:			
Baked	1 pie shell	180	900
Unenriched flour:			
Baked	1 pie shell	180	900
Piecrust prepared with water, baked	11.3 oz.	320	1,485
PIGS FEET, pickled	1 oz.	57	113
PIMIENTOS, canned, solids and liquid Container and approx. contents:			
Can: net. wt. 4 oz.	1	113	31
Glass jar: net wt. 2 oz.	1	57	15
PINEAPPLE			
Raw:			
Diced pieces	1 cup	155	81
Slice: approx. 3½ in. diam., ¾ in. thick	1	84	44
	1 oz.	28	90
Canned, solids and liquid:			
Water pack, without artificial sweetener	1 cup	246	96
Syrup pack:			
Heavy:			
Chunk, tidbit, crushed styles	1 cup	255	189
Large slice	1 slice 8 chunks		

	Household Measurement	Metric Weight (Grams)	Calories
	or 17 small tidbits; 2¼ tbs. liquid	105	78
Medium slice	1 slice, 4 chunks, or 9 tidbits; 1¼ tbs. liquid	58	43
Frozen chunks, sweetened with nutritive sweet- ener, not thawed	1 cup	245	208
PINEAPPLE JUICE			
Canned, unsweetened	1 cup	250	138
Frozen concentrate, unsweetened, diluted with 3 parts water by volume	1 cup	250	130
PINENUTS, pignolias, shelled	1 oz.	28	156
PISTACHIO NUTS, shelled	1 lb.	454	2,694
PIZZA			
From home recipe, baked			
With cheese topping:			
Whole: 13¾ in. diam. 43.2-in. cir.	1	520	1,227
With sausage topping:			
Whole: 13¾ in. diam. 43.2-in. cir.	1	535	1,252
PLANTAIN (baking banana), raw:			
Whole: 11 in. long, 1¾ in.			

	Household Measurement	Metric Weight (Grams)	Calories
diam.	1	365	313
PLUMS			
Raw:			
Damson:			
Whole:			
Fruit, 1-in. diam.	10 plums	110	66
Pitted:			
Halves	1 cup	170	112
Prune type:			
Whole:			
Fruit, 1½-in. diam.	1	30	21
Pitted:			
Halves	1 cup	165	124
Canned, solids and liquid:			
Purple (Italian prunes)			
whole, unpitted style:			
Water pack, without			
artificial sweetener			
Fruit with drained liquid	1 cup	262	114
	3 plums;		
	2 tbs.		
	liquid	140	44
Syrup pack, heavy:			
Fruit with drained liquid	3 plums		
	2¾ tbs.		
	liquid	140	110
POMEGRANATE, raw	1	275	97
POPCORN, popped			
(commercial)			
Plain, large kernel	1 cup	6	23
Oil and salt added, large			
kernel	1 cup	9	41
Sugar coated	1 cup	35	134
POPOVERS, baked	1	40	90

	Household Measurement	Metric Weight (Grams)	Calories
PORK, fresh, retail cuts			
Ham, cooked (baked or roasted):			
Lean with fat (74% lean, 26% fat)	1 lb.	454	1,696
Lean, trimmed of separable fat	1 lb.	454	984
Loin and loin chops, cooked:			
Lean with fat:			
Baked or roasted loin roast (80% lean, 20% fat)	1 lb.	454	1,642
Broiled loin chops (72% lean, 28% fat):			
Cut 3 per lb.	2.7 oz.	78	305
Cut 4 per lb.	2 oz.	58	
Shoulder Cuts (Boston butt and picnic):			
Boston butt, cooked (roasted):			
Lean with fat (79% lean, 21% fat)	1 lb.	454	1,152
Lean, trimmed of separable fat	1 lb.	454	1,107
Picnic, cooked (simmered):			
Lean with fat (74% lean, 26% fat)	1 lb.	454	1,696
Spareribs, cooked (braised), lean meat with fat			
	1 lb.	454	1,996
PORK, cured			
Dry, long, cure, country style:			
Ham, unbaked:			
Medium fatness, lean meat with fat, bone, skin	1 lb.	454	1,535

	Household Measurement	Metric Weight (Grams)	Calories
Relatively lean, lean meat with fat, bone, skin	1 lb.	454	1,209
Light cure, commercial:			
Ham, baked or roasted			
Lean with fat (84% lean, 16% fat)	1 lb.	454	1,311
Lean, trimmed of separable fat	1 lb.	454	848
Shoulder cuts (Boston butt and picnic)			
Boston butt, baked or roasted:			
Lean with fat (83%, 17% fat)	1 lb.	454	1,497
Lean, trimmed of separable fat	1 lb.	454	1,102
Picnic, baked or roasted:			
Lean with fat (82% lean, 18% fat)	1 lb.	454	1,465
Lean, trimmed of separable fat	1 lb.	454	957
PORK, cured, canned			
Ham, total can contents:			
Can: net wt. 16 oz.	1	454	875
Can: net wt. 48 oz.	1	1,361	2,627
Can: net wt. 128 oz.	1	3,629	7,004

PORK SAUSAGE

(See Sausage, cold cuts
and luncheon meats)

POTATOES

Cooked:

Baked in skin:

Potato, long type: 2½
in. diam., 4¾ in. long
(dimensions of

	Household Measurement	Metric Weight (Grams)	Calories
uncooked potato)	1	202	145
Boiled in skin:			
Potato, long type: 2½ in. diam. 4¾ in. long	1	250	173
Potato, round type: 2½ in. diam. (medium size)	1	150	104
Diced or sliced	1 cup	155	118
French fried:			
Strips			
Length: over 3½ to 4 in.	10	78	214
Length: over 2 to 3½ in.	10	50	137
Length: 1-2 in.	10	35	96
Fried from raw	1 cup	170	456
Hashed brown after holding overnight	1 cup	155	355
Mashed, milk added	1 cup	210	137
Mashed, milk and table fat added	1 cup	210	197
Scalloped:			
With cheese	1 cup	245	355
Without cheese	1 cup	245	255
Dehydrated, mashed:			
Flakes without milk	1 cup	45	164
Prepared, water, milk, table fat, salt added	1 cup	210	195
Granules without milk:			
Prepared, water, milk, table fat, salt added	1 cup	210	202
Frozen:			
Diced, shredded, or crinkle cut for hash browning:			
Cooked (hashed brown)	1 cup	155	347
French fried			

	Household Measurement	Metric Weight (Grams)	Calories
(straight-cut and crinkle-cut strips, with cross section approx. $\frac{1}{2}$ $\times \frac{1}{2}$ in.) Overheated:			
Yield from:			
9 oz. frozen French-fried potatoes	7 oz.	198	434
16 oz. frozen french-fried potatoes	12 $\frac{2}{3}$ oz.	352	771
32 oz. (2 lb.) frozen French- fried potatoes	24 $\frac{4}{5}$ oz.	704	1,542

POTATO CHIPS

(smooth & corrugated
surface)

10 chips	20	114
----------	----	-----

POTATO SALAD, from
home recipe, made with
cooked salad dressing,
seasonings

1 cup	250	248
-------	-----	-----

Mayonnaise and French
dressing, hard-cooked
eggs, seasonings

1 cup	250	363
-------	-----	-----

PRETZELS

Twisted types:

Dutch, 2 $\frac{3}{4}$ $\times$ 2 $\frac{5}{8}$ $\times$ $\frac{5}{8}$ in.

1	16	62
---	----	----

Rings:

1 ring: piece 1 $\frac{1}{2}$ in. diam.
with 1 in. diam. hole;
cross section of ring
 $\frac{1}{4}$ in.)

10	20	78
----	----	----

3 rings: 1 $\frac{7}{8}$ $\times$ 1 $\frac{3}{4}$ $\times$ $\frac{1}{4}$ in.

10	30	117
----	----	-----

Thins: 3 $\frac{1}{4}$ $\times$ 2 $\frac{1}{4}$ $\times$ $\frac{1}{4}$ in.

10	60	234
----	----	-----

	Household Measurement	Metric Weight (Grams)	Calories
Extruded types:			
Logs: 3 in. long, ½ in. diam.	10	50	195
Rods: 7½-7¾ long, ½ in. diam.	1	14	55
Sticks:			
Piece: 3½ in. long, approx. ⅝ in. diam.	10	6	23
Piece: 2¼ in. long, approx. ⅝ in. diam.	10	3	12
PRUNES			
Dehydrated, nugget type & pieces, uncooked	1 cup	100	344
Dried, "softenized," uncooked:			
Whole:			
With Pits			
Extra large	1 contain- er or 1 lb.	122	274
Large	10 prunes	97	215
Medium size	10 prunes	75	164
All sizes	1 cup	185	411
Without Pits	10	102	260
Chopped or ground:			
Cup: not packed	1	160	408
Cup: packed	1	260	663
PRUNE JUICE	1 cup	256	197
PRUNE WHIP, baked			
Served hot	1 cup	90	140
Served cold	1 cup	130	203
PUDDINGS, with starch base, prepared from home recipe			
Chocolate	1 cup	260	385
Vanilla (blancmange)	1 cup	255	283

	Household Measurement	Metric Weight (Grams)	Calories
PUDDINGS, other (See individual kinds; Bread, etc.)			
PUDDING MIXES AND PUDDINGS MADE FROM MIXES			
With starch base:			
Mix Chocolate:			
Pudding made with milk, cooked	1 cup	260	322
Mix, Chocolate, instnat	1 cup	260	325
PUMPKIN, canned	1 cup	245	81
PUMPKIN and squash seed kernels, dry hulled	1 cup	140	774
RADISHES, common, raw			
Large (over 1- to 1½ in. diam.)	10	90	14
Medium (¾- to 1 in. diam.)	10	50	8
RAISINS, natural, (unbleached), seedless type			
Uncooked, whole:			
Not packed	1 cup	145	419
Packed	1 cup	165	477
	1 tbs.	9	26
RASPBERRIES			
Raw:			
Black	1 cup	134	98
Red	1 cup	123	70
Canned, water pack, solids and liquid, without artificial sweetener:			
Red	1 cup	243	85

	Household Measurement	Metric Weight (Grams)	Calories
Frozen, red, sweetened with nutritive sweetener, not thawed	1 cup	250	245
REDFISH (See Ocean perch, Atlantic)			
RHUBARB			
Raw, cooked, sugar added	1 cup	270	381
Frozen, sweetened, cooked, sugar added	1 cup	270	386
RICE			
Brown:			
Cooked, long grain:			
Hot rice	1 cup	195	232
Cold rice	1 cup	145	173
White (fully milled or polished):			
Enriched:			
Common commercial varieties, cooked, (moist, soft stage) long grain:			
Hot rice	1 cup	205	223
Cold rice	1 cup	145	158
Parboiled, long grain, regular, cooked:			
Hot rice	1 cup	175	186
Cold rice	1 cup	145	154
Precooked (instant) long grain, ready-to-serve, fluffed:			
Hot rice	1 cup	165	180
Cold rice	1 cup	130	142
Unenriched:			
Common commercial varieties, cooked			

(moist, soft stage),
long grain:

Hot rice

Cold rice

Household
Measurement

Metric
Weight
(Grams)

Calories

1 cup

205

223

1 cup

145

158

RICE PRODUCTS

used mainly as hot breakfast
cereals

Rice, granulated, added
nutrients:

Dry form

1 cup

170

651

Cooked

1 cup

245

123

RICE PRODUCTS

used mainly as ready-to eat
breakfast cereals

Rice, oven-popped, sugar
added, salt, iron,
vitamins

1 cup

30

117

Rice, puffed, without salt
sugar, added iron,
thiamin, niacin

1 cup

15

60

Rice, presweetened:

Oven-popped, salt added,
iron, vitamins

1 cup

45

175

Puffed, honey added or
cocoa, salt, fat, iron,
vitamins

1 cup

35

140

Rice, shredded, sugar
added, salt, iron,
thiamin, niacin

1 cup

25

98

Rice, with protein
concentrate, mainly
wheat gluten, and casein;
sugar added, salt,
minerals, vitamins,
minute flakes

1 cup

85

325

Wheat gluten; sugar
added, salt, iron,

	Household Measurement	Metric Weight (Grams)	Calories
vitamins	1 cup	20	77
RICE PUDDING with raisins	1 cup	265	387
ROCKFISH , oven- steamed	1 lb.	454	485
ROLLS AND BUNS			
Baked from home recipe, made with milk and enriched flour:			
Cloverleaf	1 roll	35	119
Commercial—ready to serve:			
Danish pastry (plain without fruit or nuts) cut piece approx. 5½ in. arc; ¼ of pkg.			
	1 piece	35	150
Rectangular piece, approx. 6½ in. long, 2¾ in. wide, ¾ in. high			
	1 pastry	75	317
Round piece: approx. 4¼- in. diam., 1 in. high			
	1 pastry	65	274
Hard rolls:			
Enriched:			
Round	1 roll	50	156
Rectangular	1 roll	25	78
Unenriched:			
Round or kaiser	1 roll	50	156
Rectangular	1 roll	25	78
Plain (soft rolls or buns):			
Enriched:			
Cloverleaf	1 roll	28	83
Frankfurter	1 roll or bun	40	119
Unenriched:			
Cloverleaf	1	28	83
Frankfurter	1	40	119

	Household Measurement	Metric Weight (Grams)	Calories
ROOT BEER (See Beverages)			
RUM (See Beverages)			
RUSK (3½ in. diam. ½ in. thick)	1	9	38
RUTABAGAS, cooked (boiled), drained			
Cubed or sliced	1 cup	170	60
Mashed	1 cup	240	84
RYE FLOURS			
Light:			
Unsifted, spooned into cup	1 cup	102	364
Sifted, spooned into cup	1 cup	88	314
Medium, sifted, spooned into cup	1 cup	88	308
Dark, spooned into cup	1 cup	128	419
RYE WAFERS, whole grain:			
Wafer, 3½ in. long, 1½ in. wide, ¼ in. thick	10 wafers	65	224
SAFFLOWER OIL (See Oils)			
SALAD DRESSINGS (commercial)			
Blue and Roquefort cheese	1 tbs.	15	76
French	1 tbs.	16	60
Italian	1 tbs.	15	83
Mayonnaise	1 tbs.	14	101
Russian	1 tbs.	15	74
Thousand Island	1 tbs.	16	80
Made from home recipe:			

	Household Measurement	Metric Weight (Grams)	Calories
French	1 tbs.	14	88
Cooked	1 tbs.	16	26
SALAMI (See Sausage, cold cuts and luncheon meats)			
SALMON: canned, solids and liquid			
Atlantic:			
Can and approx. contents:			
Net wt. 7¾ oz.	1	220	477
Net. wt. 16 oz.	1	454	921
Chinook (king):			
Can and approx. contents:			
Net wt. 7¾ oz.	1	220	462
Net wt. 16 oz.	1	454	953
Pink (humpback):			
Canned, approx. contents:			
Net wt. 7¾ oz.	1	220	310
Net wt. 16 oz.	1	454	640
Sockeye (red):			
Canned, approx. contents:			
Net wt. 7¾ oz.	1	220	376
Net wt. 16 oz.	1	454	776
SALMON, broiled or baked with butter or margarine			
Steak	1 lb.	454	727
Piece: 6¾ in. long, 2½ in. wide, 1 in. thick	1	145	232
SALMON, smoked	1 lb.	454	798
SALT, table	1 tsp.	5.5	—
SALT STICKS			
Regular type (bread sticks without salt coating):			

	Household Measurement	Metric Weight (Grams)	Calories
Stick: 4¼ in. long, ½ in.-diam.	10	100	384
Stick: 7¼ in. long, ¾ in. diam.	10	50	192
Vienna bread type: Stick: 6½ in. long, 1¼ in. wide	1	35	106
SANDWICH SPREAD (with chopped pickle)	1 tbs.	15	57
SARDINES , Atlantic, canned in oil	1 oz.	28	58
SAUERKRAUT , canned, solids and liquid	1 cup	235	42
SAUSAGE, COLD CUTS AND LUNCHEON MEATS			
Blood sausage (blood pudding) and blood and tongue sausage: Slice: approx. 2¼-in. diam., ⅛ in. thick (blood sausage)	1	8	32
Slice loaf shape: approx. 5 × 4⅝ × ⅛-in. (blood and tongue sausage)	1 1 oz.	25 28	99 112
Bockwurst: Link	1 1 lb.	65 454	172 1,198
Bologna , including kinds made with and without binders and meat by-products or variety meats: All samples, prepackaged forms, chub: Slice: approx. ⅛ in. thick, ⅞ of piece Slice: approx. 4½ in. diam.,	1	13	40

	Household Measurement	Metric Weight (Grams)	Calories
wt. 1 oz.	1	28	86
Without binders, pre- packaged forms, chub:			
Slice: approx. $\frac{1}{8}$ in. thick, $\frac{1}{10}$ of piece	1	13	36
Slice: approx. $4\frac{1}{2}$ in. diam.			
wt. 1 oz.	1	28	79
With nonfat dry milk and cereal:			
Slice: approx. $4\frac{1}{2}$ in. diam. wt. 1 oz.	1	28	74
Braunschweiger (smoked liverwurst):			
Prepared forms, roll:			
Slice: approx. $2\frac{1}{2}$ in. diam., $\frac{1}{4}$ in. thick; $\frac{1}{23}$ of roll	1	18	57
Slice: approx. 2-in. diam, $\frac{1}{4}$ in. thick; $\frac{1}{22}$ of roll	1	10	32
	1 oz.	28	90
Brown and serve sausage, browned:			
Yield from 1 patty	1	23	97
Yield from 1 link	1	17	72
Capicola or Capicola	1 slice	21	105
Cervelat:			
Dry, prepackaged roll:			
Slice: approx. $1\frac{1}{2}$ in. diam., $\frac{1}{8}$ thick, $\frac{1}{30}$ of roll	4	12	54
Soft (See Thuringer cervelat [summer sausage])			
Country-style sausage	1 lb.	454	1,565
Deviled ham, canned	1 cup	225	790
	1 tbsp.	13	46

	Household Measurement	Metric Weight (Grams)	Calories
Frankfurters (franks, furters, hotdogs, wieners) including kinds made with and without binders and meat by-products or variety meats:			
Chilled or refrigerated, prepackaged frankfurters:			
Package: net wt. 16 oz., approx. 8 frankfurters	1	454	1,402
Size: approx. 5 in. long, $\frac{7}{8}$ in. diam.; wt. 2 oz.	1 frank	57	176
Size: approx. 5 in. long, $\frac{3}{4}$ in. diam.; wt. $1\frac{3}{5}$ oz.	1 frank	45	139
Headcheese	1 oz.	28	76
Knockwurst	1 link	68	189
Liverwurst, fresh, not smoked	1 lb.	454	1,393
Luncheon meat:			
Boiled ham:			
Slice: Rectangular, approx. $6\frac{1}{4} \times 4 \times \frac{1}{16}$ in., wt. 1 oz.	1	28	66
	1 lb.	454	1,061
Pork, cured ham or shoulder, chopped, spiced or un- spiced, canned:			
Slice: approx. $3 \times 2 \times \frac{1}{4}$ in.; $\frac{3}{5}$ of piece	1	60	176
	1 lb.	454	1,334
Meatloaf	1 lb.	454	1,216
Minced ham	1 lb.	454	1,136
Mortadella:			
Slice: approx. $4\frac{7}{8}$ -in. diam., $\frac{3}{32}$ in. thick	1	25	79
Polish sausage:			
Size: approx. 10 in. long, $1\frac{1}{4}$ in. diam., wt. 8 oz.	1	227	690

	Household Measurement	Metric Weight (Grams)	Calories
Size: approx. 5½ in. long, 1-in. diam., wt. 2.7 oz.	1	76	231
Cooked:			
Patty	1	27	129
Link	1	13	62
Salami:			
Dry:			
Slice: approx. 1¾ in. diam., ½ in. thick, ¼ of pkg.	1	5	23
Slice: approx. 3¼ in. diam., ¾ in. thick, wt. ½ oz.	1	10	45
Cooked:			
Slice: approx. 4½ in. diam., wt. 1 oz.	1	28	88
Slice: approx. 4-in. diam. wt. ¾ oz.	1	22	68
Scrapple:			
Slice: approx. 2¾ × 2¼ × ¼ in., ⅛ of loaf	1	25	54
Souse	1 oz.	28	51
Thuringer cervelat (sum- mer sausage):			
Slice: approx. 4¾ in. diam., ½ in. thick, wt. 1 oz.	1	28	87
Slice: approx 4¼ in. diam., ½ in. thick; wt. ¾ oz.	1	22	68
Vienna sausage, canned:			
Size: approx. 2 in. long, ¾ in. diam.	1	16	38
SCALLOPS, bay and sea:			
Fresh:			
Size: 15-20 per lb.	1	25	49
Size: 25-30 per lb.	1	15	29
Frozen, net wt. 12 oz.	11¾ oz.	324	629

	Household Measurement	Metric Weight (Grams)	Calories
	1 scallop	10	19
SCRAPPLE (See Sausage, cold cuts and luncheon meats)			
SESAME OIL (See Oils)			
SESAME SEEDS, dry hulled, decorticated	1 tbs.	8	47
SHAD, baked	1 lb.	454	912
SHALLOT bulbs, raw, chopped	1 tbs.	10	7
SHERBET, orange	1 cup	193	259
SHORTBREAD (See Cookies)			
SHRIMP			
Cooked (French fried)	1 lb.	454	1,021
	1 oz.	28	64
Canned:			
Drained solids of wet pack:			
Large: approx. 3¼ in. long	10	58	67
Medium: approx. 2½ in. long	10	32	37
Small: approx. 2 in. long	10	17	20
SHRIMP or LOBSTER PASTE, canned	1 tsp.	7	13
SOFT DRINKS (See Beverages)			

	Household Measurement	Metric Weight (Grams)	Calories
SOUPS, commercial			
Canned:			
Asparagus, cream of, condensed:			
Prepared with equal volume of water	1 cup	240	65
Prepared with equal volume of milk	1 cup	245	147
Bean with pork, condensed:			
Prepared with equal volume of water	1 cup	250	168
Beef broth, bouillon, consomme, condensed:			
Prepared with equal volume of water	1 cup	240	31
Beef noodle, condensed:			
Prepared with equal volume of water	1 cup	240	67
Celery, cream of, condensed:			
Prepared with equal volume of water	1 cup	240	86
Prepared with equal volume of milk	1 cup	245	169
Chicken consomme, condensed:			
Prepared with equal volume of water	1 cup	240	22
Chicken, cream of, condensed:			
Prepared with equal volume of water	1 cup	240	94
Prepared with equal volume of milk	1 cup	245	179
Chicken gumbo, condensed:			
Prepared with equal volume of water	1 cup	240	55
Chicken noodle,			

	Household Measurement	Metric Weight (Grams)	Calories
condensed:			
Prepared with equal volume of water	1 cup	240	62
Chicken with rice, condensed:			
Prepared with equal volume of water	1 cup	240	48
Chicken vegetable, condensed:			
Prepared with equal volume of water	1 cup	245	76
Clam chowder, Manhat- tan type (with tomatoes, with- out milk), condensed:			
Prepared with equal volume of water	1 cup	245	81
Minestrone, condensed:			
Prepared with equal volume of water	1 cup	245	105
Mushroom, cream of, condensed:			
Prepared with equal volume of water	1 cup	240	134
Prepared with equal volume of milk	1 cup	245	216
Onion, condensed:			
Prepared with equal volume of water	1 cup	240	65
Pea, green, condensed:			
Prepared with equal volume of water	1 cup	245	130
Prepared with equal volume of milk	1 cup	250	213
Pea, split, condensed:			
Prepared with equal volume of water	1 cup	245	145
Tomato, condensed:			
Prepared with equal volume of water	1 cup	245	88

	Household Measurement	Metric Weight (Grams)	Calories
Prepared with equal volume of milk	1 cup	250	173
Turkey noodle, condensed:			
Prepared with equal volume of water	1 cup	240	79
Vegetable beef, condensed:			
Prepared with equal volume of water	1 cup	245	78
Vegetable with beef broth, condensed:			
Prepared with equal volume of water	1 cup	245	78
Vegetarian vegetable, condensed:			
Prepared with equal volume of water	1 cup	245	78
Dehydrated:			
Beef noodle:			
Prepared with 2 oz. of mix in 3 cups of water	1 cup	240	67
Chicken noodle:			
Prepared with 2 oz. of mix in 4 cups of water	1 cup	240	53
Chicken rice:			
Prepared with 1½ oz. of mix in 3 cups of water	1 cup	240	48
Onion:			
Prepared with 1½ oz. of mix in 4 cups of water	1 cup	240	36
Pea, green:			
Prepared with 4 oz. of mix in 3 cups water	1 cup	245	123
Tomato vegetable with noodles:			
Prepared with 2½ oz. of mix in 4 cups of water	1 cup	240	65

	Household Measurement	Metric Weight (Grams)	Calories
SOUSE (See Sausage, cold cuts and luncheon meats)			
SOYBEANS			
Mature seeds, dry:			
Raw	1 cup	210	846
Cooked	1 cup	180	234
Sprouted seeds:			
Raw	1 cup	105	48
Cooked (boiled), drained	1 cup	125	48
SOYBEAN CURD (tofu)			
Piece: $2\frac{1}{2} \times 2\frac{3}{4} \times 1$ in.	1	120	86
SOYBEAN FLOUR			
Full fat:			
Not stirred	1 cup	85	358
Stirred	1 cup	70	295
Low fat, stirred	1 cup	88	313
Defatted, stirred	1 cup	100	326
SOYBEAN OIL and SOYBEAN-COTTON- SEED OIL BLEND (See Oils)			
SOY SAUCE			
	1 cup	290	197
	1 tbs.	18	12
SPAGHETTI (regular, thin, vermicelli)			
Enriched:			
Cooked firm stage "al dente"	1 cup	130	192
Cooked tender stage	1 cup	140	155
Unenriched:			
Cooked firm stage "al dente"	1 cup	130	192
Cooked tender stage	1 cup	140	155

	Household Measurement	Metric Weight (Grams)	Calories
SPAGHETTI (enriched)			
in tomato sauce with cheese:			
Cooked from home recipe	1 cup	250	260
Canned (regular or ring-shaped spaghetti)	1 cup	250	190
SPANISH RICE,			
cooked from home recipe	1 cup	245	213
SPINACH			
Raw, chopped	1 cup	55	14
	1 lb.	454	118
Cooked (boiled), drained, leaves	1 cup	180	41
Canned, whole leaf, cut or sliced, chopped, drained solids	1 cup	205	49
Frozen:			
Chopped, cooked (boiled), drained:			
Yield from 10 oz. frozen spinach	1 $\frac{1}{6}$ cups	220	51
Yield from 1 lb. frozen spinach	1.7 cups	350	81
	1 cup	205	47
Leaf, cooked (boiled), drained:			
Yield from 10 oz. frozen spinach	1 $\frac{1}{8}$ cups approx.	220	53
Yield from 1 lb. frozen spinach	1 $\frac{1}{8}$ cups approx.	350	84
	1 cup	190	46
SQUASH			
Summer, all varieties, cooked (boiled), drained:			
Sliced	1 cup	180	25

	Household Measurement	Metric Weight (Grams)	Calories
Cubed or diced	1 cup	210	29
Mashed	1 cup	240	34
Crookneck and straight- neck, yellow, cooked (boiled), drained:			
Sliced	1 cup	180	27
Cubed or diced	1 cup	210	32
Mashed	1 cup	240	36
Scallop varieties, white and pale green, cooked (boiled), drained:			
Sliced	1 cup	180	29
Cubed or diced	1 cup	210	34
Mashed	1 cup	240	38
Zucchini and cocozelle (Italian marrow type), green, cooked (boiled), drained:			
Sliced	1 cup	180	22
Cubed or diced	1 cup	210	25
Mashed	1 cup	240	29
Winter, all varieties, cooked:			
Baked, mashed	1 cup	205	129
Boiled, mashed	1 cup	245	93
Acorn, cooked:			
Baked:			
½ squash	½	195	86
Mashed	1 cup	205	113
Boiled, mashed	1 cup	245	83
Butternut, cooked:			
Baked, mashed	1 cup	205	139
Boiled, mashed	1 cup	245	100
Hubbard, cooked:			
Baked, mashed	1 cup	205	103
Boiled:			
Cubed or diced	1 cup	235	71
Mashed	1 cup	245	74

SQUASH, WINTER,

	Household Measurement	Metric Weight (Grams)	Calories
frozen, cooked (heated)	1 cup	240	91
STARCH			
(See Cornstarch)			
STRAWBERRIES			
Raw, whole berries	1 cup	149	55
Canned, water pack, solids and liquid, without artificial sweetener	1 cup	242	53
Frozen, sweetened with nutritive sweetener, not thawed:			
Sliced	1 cup	255	278
Whole	1 cup	255	235
STURGEON			
Cooked, steamed	1 lb.	454	726
Smoked	1 oz.	28	42
SUCCOTASH (corn and lima beans) frozen, cooked (boiled), drained			
	1 cup	170	158
SUGARS			
Beet or cane:			
Browned, spooned into cup:			
Without packing	1 cup	145	541
With packing	1 cup	220	821
Granulated	1 cup	200	770
	1 tbs.	12	46
	1 tsp.	4	15
Powdered (10X or confectioners):			
Unsifted, spooned into cup	1 cup	120	462
	1 tbs.	8	31
Sifted, spooned into cup	1 cup	100	385
Maple	1 oz.	28	99

	Household Measurement	Metric Weight (Grams)	Calories
SUGAR APPLES			
(sweetsop), raw, pulp	1 cup	250	235
SUNFLOWER SEED			
KERNELS, dry, hulled	1 cup	145	812
SWEETBREADS			
(thymus, cooked, (braised)			
Beef (yearlings)	3 oz.	85	272
Calf	3 oz.	85	143
Lamb	3 oz.	85	149
SWEET POTATOES			
Cooked:			
Baked in skin	1 medium	146	161
Boiled in skin	1 medium	180	172
Mashed	1 cup	255	291
Canned, vacuum or solid pack:			
Piece: approx. 2¾ in. long, 1 in. diam.	1	40	43
Pieces	1 cup	200	216
Mashed	1 cup	255	275
SWEETSOP (See Sugar apples)			
SWISS CHARD (See Chard, Swiss)			
SWORDFISH, broiled with butter or margarine	1 lb.	454	490
SYRUPS:			
Maple	1 cup	315	794
	1 tbs.	19.7	50
Table blends, chiefly corn, light & dark	1 cup	328	951
	1 tbs.	20.5	59

	Household Measurement	Metric Weight (Grams)	Calories
Cane and maple	1 cup	315	794
	1 tbs.	19.7	50
TANGELO JUICE	1 cup	247	101
TANGERINES, raw (Dancy variety)			
Large: 2½ in. diam.	1	136	46
Medium: 2⅜ in. diam.	1	116	39
Small: 2¼ in. diam.	1	97	33
TAPIOCA DESSERT			
Apple tapioca	1 cup	250	293
Tapioca cream pudding	1 cup	165	221
TARTAR SAUCE	1 cup	230	1,221
	1 tbs.	14	74
TILEFISH, baked	1 lb.	454	626
TOMATOES, green, raw	1 lb.	454	99
TOMATOES, ripe:			
Raw:			
Size: approx. 2⅜ in. diam.	1	135	26
Size: approx. 2½ in. diam.	1	100	19
Size: approx. 3 in. diam.	1	200	39
Cooked (boiled):	1 cup	241	63
Canned, solids and liquid, regular pack	1 cup	241	51
TOMATO CATSUP, canned or bottled	1 cup	273	289
	1 tbs.	15	16
TOMATO CHILI SAUCE, bottled	1 cup	273	284
	1 tbs.	15	16

	Household Measurement	Metric Weight (Grams)	Calories
TOMATO JUICE, canned or bottled	1 cup	243	46
TOMATO JUICE COCKTAIL, canned or bottled	1 cup	243	51
TOMATO PASTE, canned	1 cup	262	215
TONGUE Beef, medium-fat, cooked (braised): Slice: approx. 3 in. long, 2 in. wide, 1/8 in. thick	1	20	49
Calf, cooked (braised): Slice: approx. 3 in. long, 2 in. wide, 1/8 in. thick	1	20	32
Hog, cooked (braised): Slice: approx. 3 in. long, 2 in. wide, 1/8 in. thick	1	20	51
Lamb, cooked (braised): Slice: approx. 3 in. long, 2 in. wide, 1/8 in. thick	1	20	51
Sheep, cooked (braised): Slice: approx. 3 in. long, 2 in. wide, 1/8 in. thick	1	20	65
TUNA, canned Drained solids: Solid pack and chunk style	1 cup	160	315
In water: Wt. 3 1/2 oz.	1 can	99	126
Wt. 3 3/4 oz.	1 can	92	117
Wt. 7 oz.	1 can	184	234
TUNA SALAD	1 cup	205	349
TURKEY, cooked, all			

	Household Measurement	Metric Weight (Grams)	Calories
classes, roasted:			
Light meat without skin	3 oz.	85	150
Dark meat without skin	3 oz.	85	173
TURKEY GIBLETS			
(some gizzard fat), simmered, chopped or diced	1 cup	145	338
TURKEY , canned, meat only, boned	1 cup	205	414
TURKEY, POTTED (See Sausage, cold cuts and luncheon meats)			
TURKEY POT PIE , home prepared, baked, whole (9-in. diam.)	1	698	1,654
TURNIPS , cooked (boiled), drained:			
Cubed	1 cup	155	36
Mashed	1 cup	230	53
TURNIP GREENS , leaves including stems			
Raw	1 lb.	454	104
Cooked (boiled), in small amount of water; short time, drained	1 cup	145	29
Canned, solids and liquid	1 cup	232	42
Frozen, chopped, cooked (boiled), drained	1 cup	165	38
VEAL			
Chuck cuts and boneless veal for stew:			
Cooked (braised, pot-			

	Household Measurement	Metric Weight (Grams)	Calories
roasted, or stewed), drained, chopped or diced pieces not packed, (85% lean, 15% fat)	1 cup 1 lb. 3 oz.	140 454 85	329 1,066 200
Loin cuts: Cooked (braised or broiled), chopped or diced pieces not packed, (77% lean, 23% fat)	1 cup 1 lb. 3 oz.	140 454 85	328 1,061 199
Plate, breast of veal: Cooked (braised, or stewed), (73% lean, 27% fat)	1 lb.	454	1,374
Rib roast: Cooked (roasted)	1 lb. 3 oz.	454 85	1,220 229
Round with rump (roasts and leg cutlets): Cooked (braised or broiled)	1 lb. 3 oz.	454 85	980 184
VEGETABLE JUICE COCKTAIL, canned	1 cup	242	41
VEGETABLES, MIXED (carrots, corn, peas, green snap beans, lima beans), frozen, cooked (boiled), drained	1 cup	182	116
VIENNA SAUSAGE (See Sausage, cold cuts			

and luncheon meats)

VINEGAR

	Household Measurement	Metric Weight (Grams)	Calories
Cider	1 cup	240	34
	1 tbs.	15	2
Distilled	1 cup	240	29
	1 tbs.	15	2

VODKA (See Beverages)

WAFFLES

Baked from home recipe,
made with:

Enriched flour:

Round: 7-in. diam.

$\frac{5}{8}$ in. thick

1 75 209

Square: $9 \times 9 \times \frac{5}{8}$

in. thick

1 200 558

Unenriched flour:

Round: 7-in. diam.

$\frac{5}{8}$ in. thick

1 75 209

Square: $9 \times 9 \times \frac{5}{8}$

in. thick

1 200 558

Frozen, made with enriched
flour, prebaked, unheated:

Size: $4\frac{5}{8} \times 3\frac{3}{4} \times \frac{5}{8}$ in.

1 34 86

WALNUTS

Black, shelled:

Chopped or broken kernels

1 cup 125 785

1 tbs. 8 50

Ground (finely)

1 cup 80 502

Persian or English,

Shelled:

Halves, approx. 50

1 cup 100 651

Chopped pieces or chips

1 cup 120 781

1 tbs. 8 52

	Household Measurement	Metric Weight (Grams)	Calories
WATERCHESTNUTS			
Chinese (matai, waternut), raw	1 lb.	454	276
WATERCRESS, leaves			
including stems, raw, chopped finely	1 cup	125	24
WATERMELON, raw			
	1 lb.	454	118
WEAKFISH, broiled			
with butter or margarine	1 lb.	454	943
WELSH RAREBIT			
	1 cup	232	415
WHEAT FLOUR			
Whole (from hard wheats), stirred, spooned into cup	1 cup	120	400
All Purpose:			
Enriched, sifted, spooned into cup, standard granulation	1 cup	115	419
Unenriched, sifted, spooned into cup, stand- ard granulation	1 cup	115	419
Bread flour, standard granulation:			
Enriched, sifted, spooned into cup	1 cup	115	420
Cake or pastry flour, sifted, spooned into cup	1 cup	96	420
Gluten flour (45% gluten, 55% patent flour), unsifted or sifted, spooned into cup	1 cup	135	510
Self-rising flour, enriched, sifted, spooned into cup	1 cup	115	405
WHEAT, parboiled			
(See Bulgur)			

	Household Measurement	Metric Weight (Grams)	Calories
WHEAT PRODUCTS,			
used mainly as hot breakfast cereals,			
Wheat, rolled, cooked	1 cup	240	180
Wheat, whole-meal, cooked	1 cup	245	110
Wheat and malted barley cereal toasted:			
Quick cooking (about 3 min. cooking time), cooked	1 cup	245	159
Instant cooking (about 1 min. cooking time), cooked	1 cup	245	196
Wheat flakes, sugar, added salt, iron, vitamins	1 cup	30	106
Wheat germ, without salt and sugar, toasted	1 tbs.	6	23
Wheat puffed:			
Without salt and sugar, added iron, thiamin, niacin	1 cup	15	54
With sugar or sugar and honey, and salt, iron and vitamins added	1 cup	35	132
Wheat shredded:			
Without sugar, salt, or other added ingredients:			
Oblong biscuit: $3\frac{3}{4} \times 2\frac{1}{4}$ $\times 2\frac{1}{2} \times 2 \times 1\frac{1}{4}$ in.	1	25	89
Round biscuit: 3 in. diam. $\times$ 1 in.	1	20	71
Spoon-size biscuit: $1 \times \frac{3}{8} \times \frac{3}{8}$ in.	1 cup or 50 biscuits	50	177
Biscuits, crumbled	1 cup	35	124
With malt, salt, sugar, iron and vitamins added:			
Bite-size squares	1 cup	55	201
Shreds	1 cup	40	146

	Household Measurement	Metric Weight (Grams)	Calories
Wheat and malted barley:			
Flakes, sugar added, salt, iron, vitamins	1 cup	40	157
Granules, without sugar, salt, added iron, vitamins	1 cup	110	430
WHISKY (See Beverages)			
WHITEFISH, lake			
Cooked (baked), stuffed	1 oz.	28	61
Smoked	1 lb.	454	703
WHITE SAUCE			
Thin	1 cup	250	303
Medium	1 cup	250	405
Thick	1 cup	250	495
WILD RICE, raw	1 cup	160	565
WINE (See Beverages)			
YAM, tuber, raw	1 lb.	454	394
YAMBEAN, tuber, raw	1 lb.	454	225
YEAST			
Bakers:			
Compressed	1 oz.	28	24
Dry (active)	1 oz.	28	80
Brewer's, debittered	1 tbs.	8	23
	1 oz.	28	80
Torula	1 oz.	28	79

	Household Measurement	Metric Weight (Grams)	Calories
--	--------------------------	-----------------------------	----------

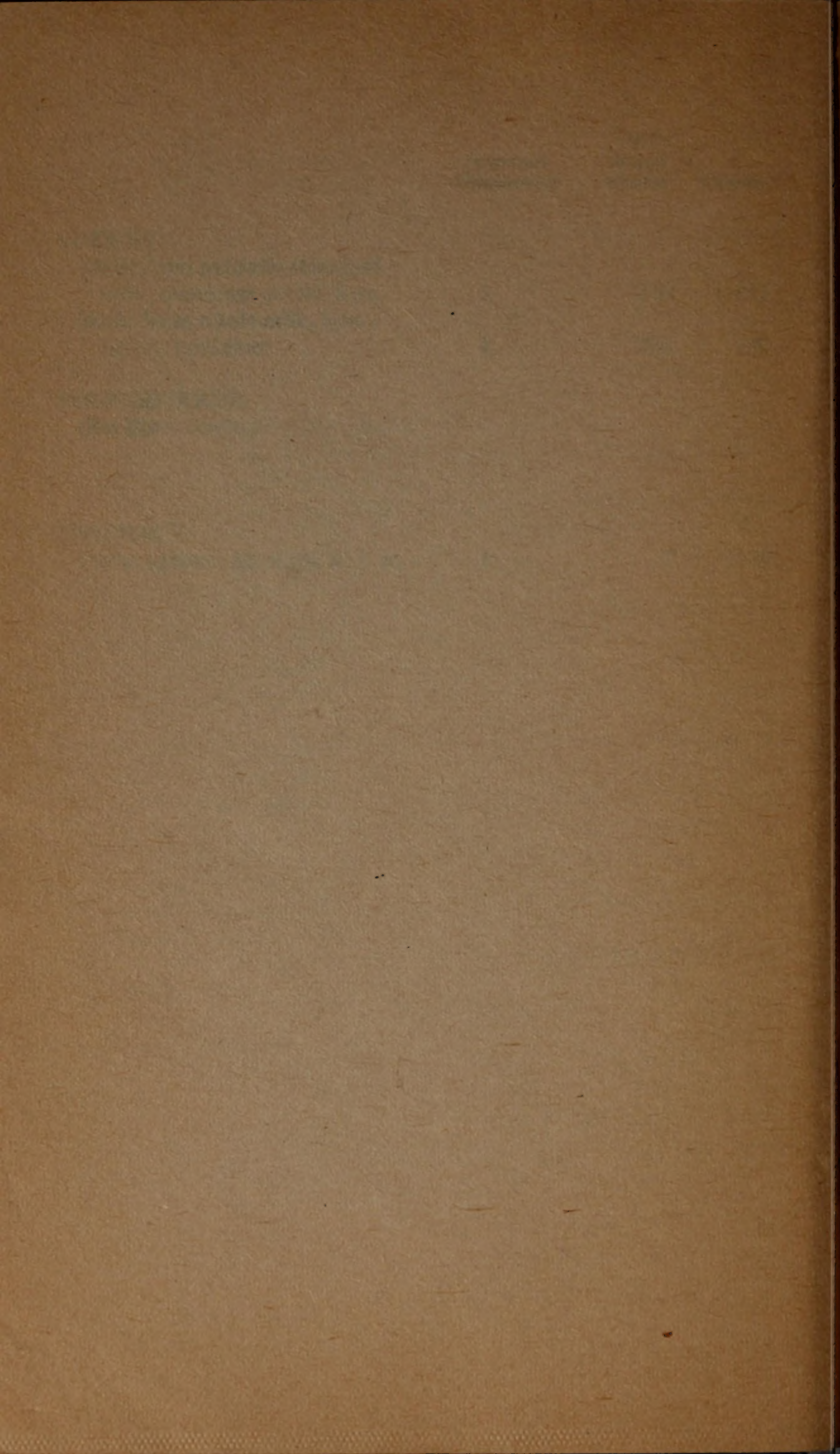
YOGURT

Made from partially skimmed milk, container net wt. 8 oz.	1	226	113
Made from whole milk, 8 oz., net wt. container	1	226	140

YOUNGBERRIES (See Blackberries)

ZWIEBACK

Piece: approx. $3\frac{1}{2} \times 1\frac{1}{2} \times \frac{1}{2}$ in.	1	7	30
--	---	---	----



A BARONET PUBLICATION

ISBN: 0-89437-004-9

\$1.50

**WHY SHOULD I DIET BY
COUNTING CALORIES?
CAN I REALLY KEEP IT OFF
...FOREVER?**

Calories do count. Just ask any failed dieter who has finally returned to this fundamental unit of measure in a reducing regimen. Here are the latest, most accurate USDA statistics about the calorie count of over 1000 basic foods, plus menus, recipes, special tips on how to diet, charts showing how much you should weigh and the answers to all your questions about calorie do's and don'ts. This pocket-sized handbook contains everything you need to know, including the secrets of success: ten rules for safe, sensible, foolproof, *lifetime* weight control.

Cover Design: Joan Leslie Peckolick